Getting to know my inner critic

A close look at your self-critical voice: what it says, when and how.

Name _____ Date _____

Most of us have a critical voice. For some it is constant and vicious. The first step is to notice it as a voice, and to stop treating what it says as fact.

What does it say? Write its typical lines, word for word.

How does it say it?

- ☐ Cold
- ☐ Angry
- ☐ Contemptuous
- ☐ Disappointed
- ☐ Mocking
- ☐ Loud

When does it turn up?

Situations, moods, times of day

Whose voice does it remind me of?

How do I feel when it speaks?

In my body and mood

What do I think it is trying to do for me?

- ☐ Keep me safe from failure
- ☐ Protect me from rejection
- ☐ Make me try harder
- ☐ Keep me in line

Does it work? What does it cost?

If I spoke to a friend the way it speaks to me, what would happen to that friendship?

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