

Inner Critic Worksheet

Take a moment to reflect on your inner critic, that voice in your head that often brings self-doubt and self-criticism.

1. How would you describe your inner critic? Is it more like a demanding perfectionist, a harsh judge, or a relentless worrier? How does it typically manifest itself in your thoughts or inner dialogue?

2. What are some common thoughts or beliefs that your inner critic tends to express? Write down specific examples of the negative self-talk that you often hear.

3. Reflect on the origins of your inner critic. Where do you think these critical thoughts and beliefs came from? Are they influenced by past experiences, societal expectations, or comparisons with others?

4. Consider the impact of your inner critic on your emotions and behaviors. How does it make you feel about yourself? How does it influence your actions or decisions? Are there any specific areas of your life where your inner critic is particularly influential?

5. Challenge your inner critic by questioning its validity. Ask yourself: What evidence do I have to support or refute these critical thoughts? Are there alternative perspectives or more balanced interpretations I can consider?

6. Explore self-compassion as an antidote to your inner critic. How can you cultivate kindness and understanding towards yourself, acknowledging that everyone makes mistakes and has imperfections? What self-soothing and self-care practices can you integrate into your daily life?

7. Finally, write a letter to your inner critic. Express how its negativity has affected you and explain why you are choosing to challenge and reshape its influence. Offer yourself words of encouragement and commit to nurturing a healthier and more supportive inner dialogue.
