

SESSION 5

YOUR INNER CRITIC



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Your Inner Critic

Our inner critics are a part of ALL of us - because we are human! But they don't have to own our life. Let's get to know your inner critic together.

What does your inner critic say to you?

What does your Inner Critic say to you? Write down some of your Inner Critic's most frequent phrases and beliefs.

Reflect in the space below.

Get to know your Inner Critic

Who has influenced your inner critic?

Who from your current or past life does your Inner Critic sound like? Family members? A teacher? Someone from your cultural heritage?

Reflect in the space below.

Get to know your Inner Critic

What is your inner critic like?

How would you describe your Inner Critic?
Anxious? People-pleasing? Persistent? Mean?
Bullying?

What are 5 words that describe your Inner Critic?

Reflect in the space below.

Get to know your Inner Critic

Create your Inner Critic character

What is your Inner Critic's Name?

Draw a picture of your Inner Critic in the space below. Add cartoon bubbles of the phrases your Inner Critic most likes to say to you.