

*Instant*  
DOWNLOAD

# Mastered

## YOUR INNER CRITIC



@COUNSELLORCRONAN



# Welcome!



## **VALUES:**

Passion for working in mental health and helping individuals

Honest and vulnerable about my own personal mental health experiences

## **VISION:**

To see mental health statistics reduced through education, self care, self belief and prevention strategies.

## **MISSION:**

To up skill individuals so that they can gain education and confidence to take charge of their own mental health.

To make top quality mental health coping strategies, tools and education accessible to everyone so that you no longer have to wait to start your journey to recovery.

## **MY STORY:**

As a young 14 year old girl I struggled with depression, anxiety, self esteem and confidence issues. Why? That is the million dollar question. I came from a big supportive and loving family. I suffered in silence for the majority of my young adolescent years, feeling isolated, alone and hopeless. I did not seek the help I needed because I didn't know what was happening to me, I didn't understand it and to some extent I learnt to live with it, accepting that living with those feelings was just apart of my life journey. I never fully felt happy and was never without those uncomfortable thoughts or feelings that anxiety has to offer. Yet, I continued on, until my life started spiralling into a direction that I could not have predicted. I never had any self confidence and never believed that I was capable of much in my life, manly because my anxiety did not allow me to think about much else, it continued to overwhelm me and consume the majority of my thoughts on a daily basis.

One afternoon I found myself reading a magazine about a young happy, successful lady and I thought that I wished I was like her, happy, because to me thats what success in life looks like. In the same magazine a quote that I read jumped out and grabbed my attention, "At any moment, recreate your life the way you wish it to be."

I wrote it on a post it note and stuck it up on my mirror as a reminder to create my life.

The next day I enrolled at in the bachelor of psychology at University. When I started my uni course, I was initially seeking some understanding and answers into my own life, but over time my passion grew into something a lot bigger and I knew that I had to share my story and more importantly I wanted to help others. This was the start of my true journey.



# ALL ABOUT ME

Name \_\_\_\_\_ Nickname \_\_\_\_\_

Star sign \_\_\_\_\_ D.O.B \_\_\_\_\_

## Favourite Foods

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## Favourite songs

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

If I won a million dollars, what would I do with it?

## Words that describe me.

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## In my spare time i like to.

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

A QUOTE THAT INSPIRES ME IS.



# WHAT IS THE INNER CRITIC?

“ YOUR INNER CRITIC IS SIMPLY A PART OF YOU THAT NEEDS MORE SELF-LOVE. ”

*Amy Leigh Merwee*



## WHAT IS THE INNER CRITIC?

The inner critic is that voice inside our heads that constantly criticizes us, puts us down, diminishes us, and is demanding, hostile, and harsh. We all have an inner critic. However, they can vary in degrees, with some being so powerful t

hat it sabotages a happy and meaningful life. It is a well-integrated pattern of thinking that undermines our ability to interpret ourselves, our surroundings, and events realistically. When our inner critic gains strength, it can affect our mental well-being, resulting in low self-esteem, confidence, and negative evaluations of ourselves.

### WHERE DOES THE INNER CRITIC COME FROM?

The inner critic is developed in childhood from our unknowingly internalizing early experiences. It has been said that the inner critic is formed when we are very young and is often a reflection of how our primary caregivers or significant people speak to us. For example, if you were always told that you were not good enough, then when you get older, your inner critic will also belittle you and tell you that you will never be good enough. Thus, our inner critic is shaped by external factors that ultimately define how we speak to ourselves.

### SIGNS THAT YOUR TOO SELF CRITICAL

- You're a perfectionist
- You're terrified of failing
- You're overly responsible
- You crave control
- You ruminate
- Your self-talk is negative
- You have low self-esteem
- You're easily annoyed or frustrated with yourself
- You feel undesirable
- You're insecure
- You often avoid expressing your own opinion

SELF-COMPASSION IS REALLY RECOGNISING WHAT IT IS TO BE HUMAN: WHAT OUR BASIC NEEDS ARE



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IN YOUR OWN WORDS, HOW WOULD YOU EXPLAIN WHAT YOUR INNER CRITIC IS?

HAS YOUR INNER CRITIC HAD A NEGATIVE IMPACT ON YOUR LIFE?

ON A SCALE OF 1 TO 10, WITH 1 BEING NOT AT ALL AND 10 BEING VERY STRONG. HOW WOULD YOU RATE THE STRENGTH OF YOUR INNER CRITIC? WHY?

IF YOU COULD MAKE YOUR INNER CRITIC VANISH, WHAT CHANGES IN YOURSELF WOULD YOU NOTICE?



# THE 7 INNER CRITICS

## THE 7 TYPES OF INNER CRITIC – WHICH ONE(S) DO YOU RECOGNISE?

Several different types of inner critics try to manipulate our behavior. You may identify with more than just one type, and it's entirely subjective and different for everyone.

## THE PERFECTIONIST

- Sets high unobtainable standards.
- Wants everything to be perfect.
- Has difficulty saying something is complete and letting it go out to represent your best work.
- "You will never do it right."

## THE UNDERMINER

- Undermines your self-confidence and abilities, so you stay small and don't take risks.
- Attacks your self-worth so that you don't take chances where you could be hurt or rejected.
- "You're worthless."

## THE GUILT-TRIPPER

- Criticizes you for past wrongdoings.
- Is stuck in the past and unable to forgive yourself.
- It tries to protect you from repeating past mistakes.
- "You will regret this for the rest of your life."

## THE MOLDER

- Tries to get you to fit a particular shape or standard.
- Fears of showing your true self will lead to rejection and abandonment.
- It wants you to be liked and admired and protect yourself from being abandoned, shamed, or rejected.

## THE DESTROYER

- Attacks your self-worth.
- Shames you and makes you feel inherently flawed.
- Makes you believe that you shouldn't exist.
- "You should have never been born."

## THE TASKMASTER

- Pushes you to keep going and fears that if you stop, you will become lazy or others will judge you as a failure.
- Wants you to work hard and be successful.
- Will do whatever it takes to get you to work as hard as possible

## THE INNER CONTROLLER

- Tries to control your impulses around eating, drinking, spending, and sex.
- Is harsh and shaming.
- "You did it again... Shame on you!"
- "You have no willpower."



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WHEN YOU REFLECT ON YOUR EARLY LIFE EXPERIENCES, IS THERE ANYTHING THAT SUGGESTS HOW YOUR INNER CRITIC WAS FORMED?

HAS YOUR INNER CRITIC ALWAYS PLAYED A SIGNIFICANT ROLE IN YOUR LIFE, OR IS IT SOMETHING THAT HAS GOTTEN WORSE OVER TIME?

THE INNER CRITIC CAN BE A GREAT SOURCE OF STRESS AND SELF-SABOTAGE. CAN YOU LIST EXAMPLES OF WHEN IT HAS CAUSED YOU STRESS OR SELF-SABOTAGE?

IF YOU COULD TALK TO YOUR INNER CRITIC RIGHT NOW, WHAT IS SOME POWERFUL WORDS YOU WOULD SAY TO STAND UP TO IT?



# SIGNS THAT YOU'RE TOO SELF-CRITICAL

TICK THE INNER CRITIC TRAITS THAT RELATE TO YOU

## Insecurity

- An overriding feeling of inadequacy
- A lack of self-confidence, self-esteem, and self-worth
- Like they are unable or ill-equipped to cope with stressors
- Generally uncertain about the world
- Anxious about their relationships with others

## A perfectionist

- You expect perfection from everyone
- You struggle to complete tasks
- You view mistakes as evidence that your inadequate
- You avoid things in which you think you might fail
- You can't celebrate your success
- Your self-worth depends on your achievement

## Terrified of failing

- You worry that things will go wrong
- Procrastination to avoid work
- Assigned tasks cause anxiety and panic
- Unnecessary rationalization when something goes wrong
- Feelings of constant fatigue and tardiness due to a lack of motivation

## Overly responsible

- Have an overscheduled life
- Taking responsibility for other people's mistakes
- You like to please other people
- You won't ask for help
- You prioritize others
- You often feel like it's your job to do things

## Control

- You believe you are 100% responsible for your success
- You invest a lot of time into trying to convince other people to change
- You have trouble maintaining meaningful relationships
- You spend a lot of energy trying to prevent bad things from happening
- You don't delegate tasks

## Rumination

- Focusing on a problem for more than a few minutes
- Feeling worse than you started out feeling
- No movement toward accepting and moving on
- No closer to a viable solution

## Negative self-talk

- You magnify the negative aspects of a situation and filter out all of the positive ones
- When something bad occurs, you automatically blame yourself
- You automatically anticipate the worst
- You are constantly putting yourself down

## Low self-esteem

- Say negative things and be critical of yourself
- Joking about yourself in a negative way
- Focusing on your negatives and ignoring your achievements
- You blame yourself when things go wrong
- You think that other people are better than you

## Self frustration

- You're always irritable and stressed
- You put yourself down over small things
- Lose your temper a lot
- You give up on tasks
- You have lost interest in the things that you once enjoyed

## Undesirable feelings

- You are surprised when someone gives you a compliment
- You don't believe people when they give you a compliment
- You don't like the person you see in the mirror
- You wish you looked better





# REFLECTION

After looking at the list of the seven inner critics, could you reflect on your inner critic and write down how you fit into one or more of those types?

Could you try and give real-life examples of your behavior?

Now, reflect on the self critical list. Is there anything that you feel you can relate to with your behaviour?



# INNER CRITIC VS INNER COACH

YOUR INNER CRITIC SOUNDS LIKE	YOUR INNER COACH SOUNDS LIKE
<p>Critical and cautious</p> <p>Focuses only on the negative</p> <p>Emotional and Judgmental</p> <p>Unfriendly and mean</p> <p>Depressing</p> <p>Destructive thoughts</p> <p>Focuses on problems</p>	<p>Supportive and encouraging</p> <p>Hopeful and focuses on the possibilities</p> <p>Objective and open</p> <p>Looks towards the future rather than focusing on the past</p> <p>Friendly and neutral</p> <p>Provides energy, rest and relief</p>
THE ROLE OF YOUR INNER CRITIC	THE ROLE OF YOUR INNER COACH
<p>The role of your inner critic is to help protect you from threats. It consistently holds you back by reminding you of,</p> <ul style="list-style-type: none"><li>- Your biggest fears</li><li>- Things that can potentially hurt you</li><li>- Disappointments from your past</li><li>- Limiting beliefs about your future</li></ul> <p>"I couldn't do that job in the past. Therefore I'll never be able to do it in the future."</p>	<p>The role of your inner coach is to see what you can become. It helps you by encouraging you to,</p> <ul style="list-style-type: none"><li>- Try new things</li><li>- Learn and grow</li><li>- Practice self-care and self-love</li><li>- Be the best version of yourself</li></ul> <p>"I couldn't do that job in the past. However, I should still give it a go now as I have learned so much since then."</p>



# TAMING YOUR INNER CRITIC

We have all received unwanted criticism in our lifetime, some warranted and some not so justified. Do you remember that feeling when you received negative feedback on a sporting game, drama performance, parenting skills, or even a job interview? You most likely walked away feeling unhappy, less confident, and even questioning yourself with self-doubt. Some criticism can be healthy, constructive, and beneficial. However, some can be downright negative and not needed. Unfortunately, individuals who internalize too much criticism throughout their lifetime will eventually internalize those negative words and make them their own verbally. So what can we do about all that upstairs chitter-chatter?

## 8 WAYS TO STOP BEING A SELF-CRITIC



### MINDFULNESS

When you feel as though your inner critic is really getting you down and making you feel negative, overwhelmed or stressed out—that is the perfect time to start practicing your mindful meditation.



### CHALLENGE YOUR SELF-CRITICAL THOUGHTS

Writing down your thoughts can bring them from your head and down onto paper. In addition, it helps create some separation, so you can see your thoughts rather than experience them in your mind.



### EMBRACE THE POWER OF "YET."

Try adding "yet" to the end of your self-critical thoughts to transform them into a goal you're working toward vs. a statement of self-doubt.



### PRACTICE KINDNESS

Learn to love yourself. Repeating mantras to yourself, such as, "I can't do this yet, but I'm trying my best," can be helpful reminders to accept your humanness.



### PRACTICE GRATITUDE

By noticing, affirming and appreciating the good things in your life, you will reduce the focus on what you don't have. Gratitude can create a buffer against feelings of inadequacy and the tendency to ruminate.



### ACKNOWLEDGE YOUR ACCOMPLISHMENTS

Look back at your experiences and think of a few times when you did something well or were able to be proud of yourself.



### GIVE UP CONTROL

The world around us comprises only two factors: The things we can control and those we can't. So learn to focus on the things inside your control and let go of the things you can not control.



### MAKE A SELF-CARE PLAN

You care for yourself in many ways – emotionally, mentally, physically, and financially. Take time to engage in caring for yourself in meaningful ways.



# MINDFULNESS

## **Take 5 Breathing**

1. Stretch your hand out.
2. Get the pointer finger of your other hand ready to trace around your hand.
3. Trace your finger around each finger on the other hand slowly.
4. While tracing, breathe in through your nose and out your mouth.
5. Keep going until you have traced around your whole hand.
6. Keep repeating until you feel calm again.

Close your eyes and imagine you are a turtle swimming through the ocean.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and watch the bubbles float through the water.

## **Full body stretch**

Stand up straight. Place both feet shoulder-width apart.

Find your balance.

Slowly stretch your arms up high; imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your fingertips and feel the stretch in your toes, calves, back, shoulders, arms, and fingers.

Relax for 10 seconds.

Repeat ten times or until you feel calm again.

## **Neck and shoulder awareness**

Sit comfortably and breathe in and out slowly. This exercise aims to notice how each part of your body feels.

Start at the top of your head. Can you feel your hair? What does it feel like? Is it rubbing on your face? Have you got a hat on? Can you feel your hair tie?

Start to make your way down to your shoulders. Can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Next, do a few neck stretches, turn your head to the left and slowly to the right.

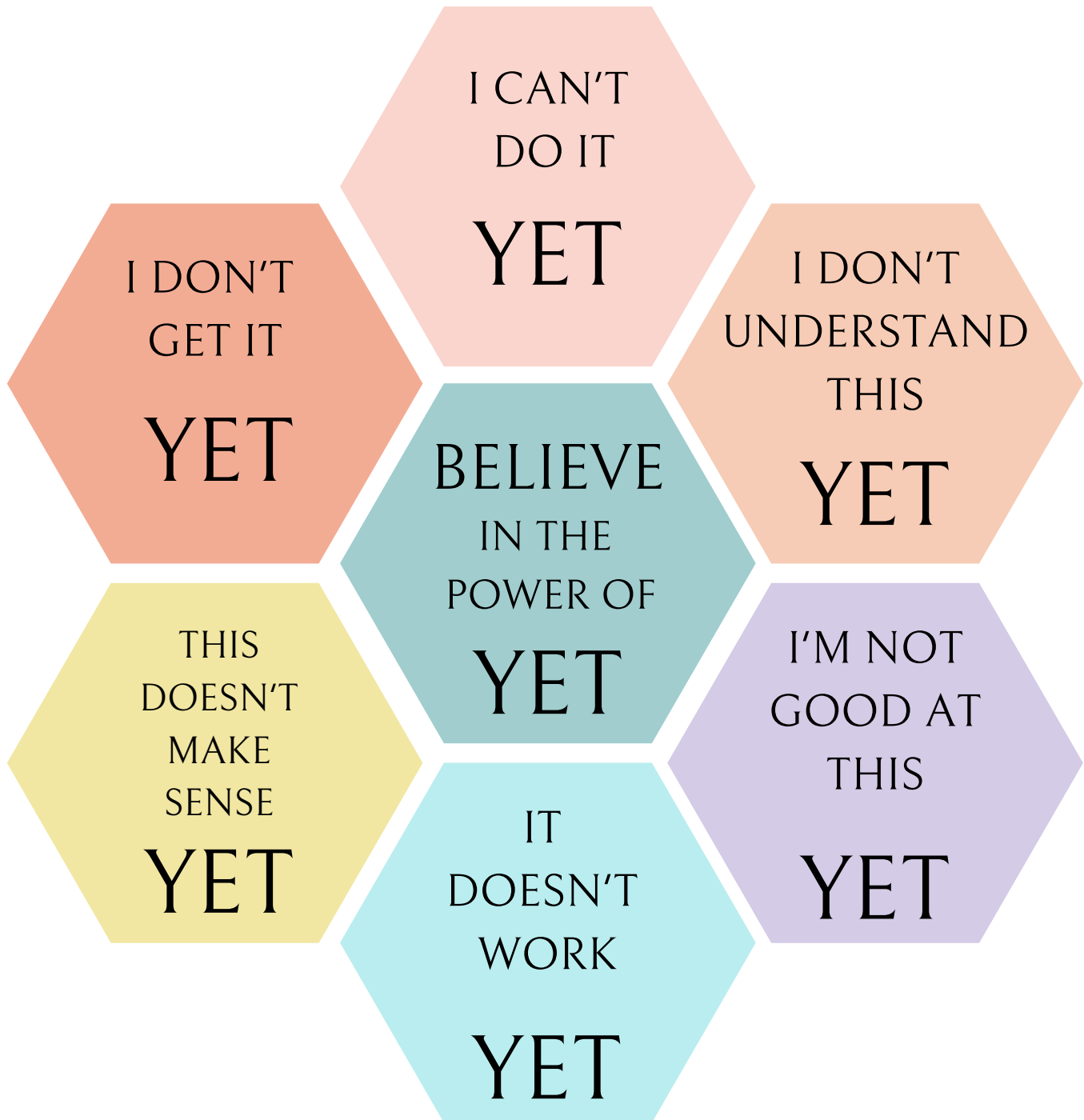
Breathe in and out, and repeat until you feel calm again.

# CHALLENGING MY INNER CRITIC

<b>SELF CRITICAL TRIGGERS</b> Events, people or situations. For example, you make a mistake at work and your boss is upset at you.	<b>SELF CRITICAL THOUGHTS</b> "I am useless, why do I always make silly mistakes."	<b>SELF CRITICAL FEELINGS</b> Useless, helpless, doubt, frustrated.	<b>INNER COACH VOICE</b> "Everyone makes mistakes, it's how we grow and learn. Accept the mistake and think of all the good things that you do."	<b>NEW FEELINGS</b> Empowered, inspired, happy.



# POWER OF YET





# YOUR TURN

I DON'T UNDERSTAND THIS



YET



YET



YET



YET



YET



YET



YET



# CHANGE YOUR MINDSET - CHANGE YOUR LIFE

## INNER CRITIC

I don't think I  
can do it

I don't know  
how to do it

I don't like  
challenges

This is too  
hard

I'm not smart  
enough

I always make  
mistakes

## INNER COACH

I'll keep  
trying

I'll figure out  
a different  
way

Challenges  
help me  
grow

If I keep  
practicing, it will  
get easier

I'll give it my  
best effort

I can learn  
from my  
mistakes







# Self talk REFLECTION

Negative thoughts

True or False

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Why are my thoughts true or false?

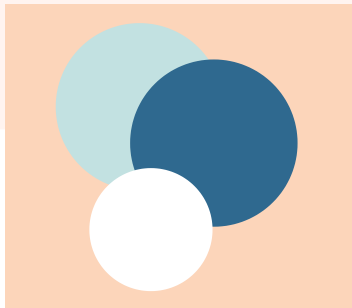
Reasons why I am worthy.



# WHAT IS THE CIRCLE OF CONTROL?



WORRYING ABOUT SOMETHING OUTSIDE OF YOUR CONTROL IS LIKE SITTING ON A ROCKING CHAIR... IT GIVES YOU SOMETHING TO DO, BUT IT DOESN'T GET YOU ANYWHERE



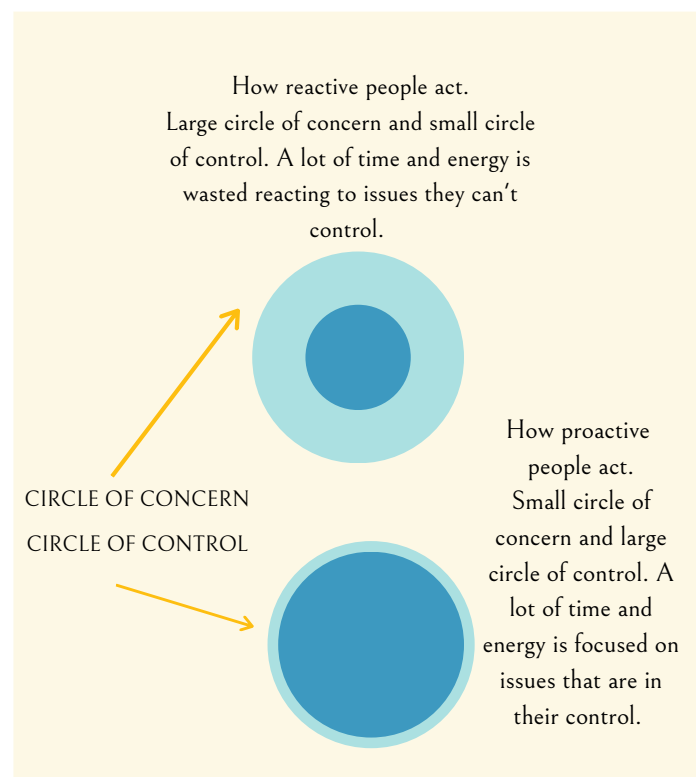
## THE CIRCLE OF CONTROL

There are many parts of life we have no control over, and sometimes having no control can increase our stress or worries.

To cope well with worries and stress, reflecting on where our fears sit within our circles of control is often helpful.

Referring to the circles of control is helpful as it allows us to take action on the things we can control and not stay focused or waste time and energy on the things that are outside our control. Using this strategy of thinking is a helpful coping tool when you or someone else is struggling to process their emotions or if they feel too overwhelmed.

Sometimes when we break down our worries and visualize them, we can see that some worries everybody has, some worries belong to over people, some concerns are small and are not worth thinking about, and some concerns are completely out of our control, so worrying about them won't change anything except that they will make us feel worse.





# THINGS I CAN NOT CONTROL

- So I can let Go of these things





# THINGS I CAN NOT CONTROL

- So I can let Go of these things

## Things I can control

- So I will focus on these things



# ACTS OF KINDNESS

By completing random acts of kindness you will instantly boost your self-esteem and confidence.

Let someone  
go before you  
in a line

Hold a door  
open for  
someone

Smile or give  
a wave to a  
stranger

Give a  
compliment  
to someone

Help someone  
who has dropped  
something

Help someone  
before they  
ask

Clean up  
after someone  
else

Bake something  
for someone

Pick up  
rubbish at your  
local park

Donate to  
a charity

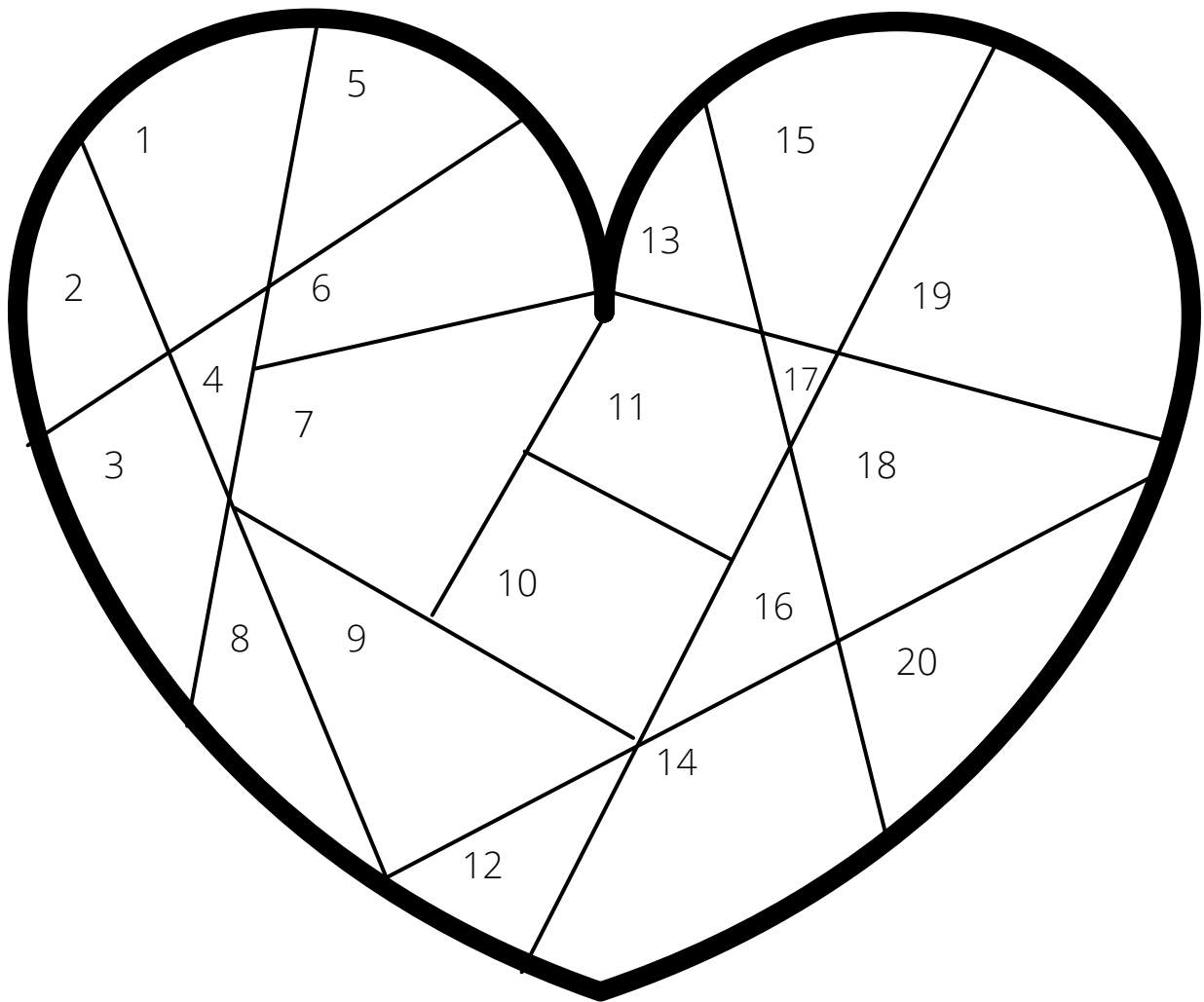
Lend your  
favorite book  
to a friend

Prepare a meal  
for your  
family



# GRATITUDE HEART

Color each space with a color that feels like a specific person, place, or thing you love and are grateful for. Open your heart to everything big and small.



1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_  
5 \_\_\_\_\_

6 \_\_\_\_\_  
7 \_\_\_\_\_  
8 \_\_\_\_\_  
9 \_\_\_\_\_  
10 \_\_\_\_\_

11 \_\_\_\_\_  
12 \_\_\_\_\_  
13 \_\_\_\_\_  
14 \_\_\_\_\_  
15 \_\_\_\_\_

16 \_\_\_\_\_  
17 \_\_\_\_\_  
18 \_\_\_\_\_  
19 \_\_\_\_\_  
20 \_\_\_\_\_



# GRATITUDE



MY MOOD TODAY

MON TUE WED THU FRI SAT SUN



QUOTE OF THE DAY

Large rounded rectangular box for writing a quote of the day.

6 THINGS I AM GRATEFUL FOR TODAY

Two columns of three horizontal lines each for listing things to be grateful for.

REASONS I HAVE TO LAUGH AND SMILE

Two horizontal lines for writing reasons to laugh and smile.

THINGS I AM LOOKING FORWARD TO TODAY

Two horizontal lines for writing things to look forward to.

SELF REFLECTION

Two horizontal lines for self-reflection.



# MY ACCOMPLISHMENTS

An accomplishment is something that you are proud of because it involved lots of hard work and effort.  
List your accomplishments and obstacles that you had to overcome in order to achieve that goal.

ACCOMPLISHMENT

OBSTACLES I HAD TO  
OVERCOME

ACCOMPLISHMENT

OBSTACLES I HAD TO  
OVERCOME

ACCOMPLISHMENT

OBSTACLES I HAD TO  
OVERCOME

ACCOMPLISHMENT

OBSTACLES I HAD TO  
OVERCOME





# EXPLORING ME

THINGS I'M GOOD AT

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

COMPLIMENTS I HAVE RECEIVED

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WHAT I LIKE ABOUT ME

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

CHALLENGES I HAVE OVERCOME

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I'VE HELPED OTHERS BY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I'M A GOOD FRIEND BECAUSE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

MY BIGGEST ACCOMPLISHMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

THINGS THAT MAKE ME UNIQUE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# SELF-CARE CHECKLIST



- |   |  |   |                                      |
|---|--|---|--------------------------------------|
|    | Eat 3 healthy meals                      |    | Have a social media detox            |
|    | 7+ hours of sleep                        |    | Ask for a hug                        |
|    | Drink fresh water                        |    | Spend time with family               |
|    | Get fresh air                            |    | Do a hobby                           |
|    | Practice mindfulness                     |    | Write in your journal                |
|    | Write down 3 things you are grateful for |    | Say 5 things you love about yourself |
|    | Brush your teeth                         |    | Do some exercise                     |
|  | Have a warm shower                       |  | Wash your hair                       |
|  | Make your bed                            |  | Have a cup of tea                    |
|  | Read a book                              |  | Do nothing- enjoy the peace          |
|  | Listen to music                          |  | Try something new                    |
|  | Spend time with friends                  |  | Do some coloring in                  |
|  | Declutter a small space                  |  | Make your favorite food              |
|  |  |  |                                      |
|  |  |  |                                      |
|  |  |  |                                      |
|  |  |  |                                      |



# SELF-CARE

Self-care is an essential survival skill. Self-care refers to things that we practice or engage in on a regular basis to reduce stress and maintain or enhance our physical health and mental well-being. self-care is really, anything you do for yourself that makes yourself feel better or cared for can be considered self-care.

## 1 PHYSICAL

Sleep, stretching, physical activity, healthy eating and rest.

## 2 EMOTIONAL

Stress management, gratitude, acts of kindness, forgiveness and compassion.

## 3 SOCIAL

Personal boundaries, support systems, positive social media and spending time with loved ones.

## 4 SPIRITUAL

Time alone, space, yoga, meditation, mindfulness, connection and nature.

## 5 PERSONAL

Hobbies, self identity, doing the things that bring you enjoyment.

## 6 SPACE

Safety, organization, clean and tidy, security and stability.

## 7 WORK

Time management, work boundaries, break time and knowledge.



# SELF-CARE

Write down some ways that you could implement more self-care and self love into your life.

- 1 PHYSICAL
- 2 EMOTIONAL
- 3 SOCIAL
- 4 SPIRITUAL
- 5 PERSONAL
- 6 SPACE
- 7 WORK



# AFFIRMATIONS

"I do not need to change to love myself"

"I forgive myself for making mistakes"

"I accept myself for who I am"

"I do not have to earn my self-worth; it is there simply because I exist"

"I have nothing to prove"

"I am embracing myself just as I am"

"I nourish my soul, spirit, and body because I deserve self-care"

"I am kind to myself just as I am kind to others"

"I am enough because I am me"

"I accept the love I deserve"

"I celebrate who I am all the time"

"I give myself permission to grow and develop"



# AFFIRMATIONS

