

# Inner Critic Worksheet

**\*\*Instructions\*\*:** Take a moment to reflect on each question and write down your thoughts. Be as honest and open as possible.

## 1. Identify Your Inner Critic:

Describe the voice of your inner critic. What specific phrases or messages does it use? For example, does it say things like “You’re not good enough” or “You always mess up”?

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## 2. Trigger Situations:

What situations or events tend to activate your inner critic? Consider moments in your personal life, work, or relationships.

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## 3. Impact on Emotions:

How does your inner critic affect your emotions? Do you feel anxious, sad, or discouraged? Describe the feelings that arise when you listen to this voice.

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## 4. Challenging the Critic:

What evidence do you have that contradicts your inner critic's messages? List any positive affirmations, achievements, or feedback you've received that counteract these negative thoughts.

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## 5. Constructive Self-Talk:

Rewrite one negative message from your inner critic into a positive, constructive affirmation. For example, change “I always fail” to “I learn and grow from my experiences.”

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**\*\*Reflection:** Take a moment to reflect on your responses. How can you use this awareness to challenge your inner critic moving forward?

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