



DAWN BOOTH
LIFE COACH

Coaching Worksheets

CHANGING YOUR LIFE...
ONE THOUGHT AT A TIME



2025

Tame your Inner Critic: Write a New Script

Intro:

Everyone has an inner critic. This tool helps you unpack its voice – and rewrite the story with truth and compassion.

Our inner critic can be a powerful force, often holding us back with negative self-talk. This worksheet will help you identify your inner critic's messages and create a new, more positive script.

Part 1: Identify Your Inner Critic

1. DESCRIBE your inner critic:

- What does it sound like? (e.g., harsh, judgmental, whiny)*
- What kind of language does it use? (e.g., "should," "must," "can't")*
- When does it show up most often? (e.g., when facing challenges, when trying new things, during moments of vulnerability)*
- Give your inner critic a name: _____*

2. Common inner critic messages:

- List some of the typical negative things your inner critic says to you. _____*

3. IDENTIFY the triggers:

- What situations, people, or thoughts trigger your inner critic?*

4. The impact:

- How does your inner critic make you feel? (e.g., anxious, ashamed, discouraged)*
- How does it affect your behaviour? (e.g., avoidance, procrastination, self-sabotage)*

Part 2: Challenge the Inner Critic

1. RECOGNISE the distortion:

- Review the messages from your inner critic in **Part 1**. Which of the following cognitive distortions are present? (Check **ALL** that apply)
 - ☐ *All-or-nothing thinking: Seeing things in extremes, with no middle ground.*
 - ☐ *Catastrophising: Expecting the worst possible outcome.*
 - ☐ *Discounting the positive: Ignoring your achievements or positive qualities.*
 - ☐ *Emotional reasoning: Assuming that your negative feelings reflect reality.*
 - ☐ *Labelling: Assigning negative labels to yourself based on mistakes or flaws.*
 - ☐ *Magnification/Minimisation: Exaggerating your flaws or minimising your strengths.*
 - ☐ *Mind reading: Assuming you know what others are thinking, especially negative thoughts about you.*
 - ☐ *Personalisation: Blaming yourself for things that are outside your control.*
 - ☐ *"Should" statements: Holding yourself to unrealistic expectations.*

2. CHALLENGE the evidence:

- For each message from your inner critic, ask yourself:
 - *Is there any evidence to support this?*
 - *Is there any evidence against this?*
 - *Are there alternative explanations?*
 - *What would I say to a friend who was saying this to themselves?*
- Write down your counter-arguments:

Part 3: Write a New Script

1. **IDENTIFY** your desired self-talk:
 - How would you like to speak to yourself? (e.g., with kindness, encouragement, realism)
 - What are some positive affirmations or empowering statements you can use?
2. **CREATE** your new script:
 - For each of the common inner-critic messages you identified in **Part 1**, write a new, more positive and realistic script.
3. **PRACTICE** your new script:
 - Choose one or two of your new script statements to focus on each day.
 - Practice saying them out loud, in front of a mirror, or writing them down several times.
 - Identify situations where you can use your new script.

Part 4: Sustain the Change

1. **MONITOR** your progress:
 - Keep a journal to track your inner critic's messages and your use of the new script.
 - Note any changes in your feelings, thoughts, and behaviours.
2. **CELEBRATE** successes:
 - Acknowledge and celebrate your progress in taming your inner critic.
 - Reward yourself for using your new script and challenging negative thoughts.
3. Be **PATIENT** and **PERSISTANT**:
 - Changing your inner dialogue takes time and effort. Be patient with yourself and keep practicing your new script.
 - Remember that setbacks are normal. When they happen, use them as an opportunity to learn and grow.

Instructions:

- 1. Use a different font or colour for your wise voice.*
- 2. Reread your affirmations every morning for 7 days.*

Inner Critic Says...	How it Makes Me Feel	Wise Voice Says...
You're not good enough.	Embarrassed, stuck	I'm enough as I am - and I'm still growing.
You're going to fail.	Afraid	Mistakes are part of learning. I can handle this.
You'll never change.	Hopeless	I'm already changing - one step at a time.

Additional Notes:

- This worksheet is a starting point. Feel free to adapt it to fit your specific needs and preferences.*
- Consider using this worksheet in conjunction with other techniques, such as mindfulness, meditation, or therapy.*
- Remember, you have the power to choose your thoughts and create a more positive and empowering inner dialogue.*