

Inner Critic Worksheet

The function of your Inner Critic is to keep you safe and to stop you from taking emotional and other risks because it's worried you'll get hurt, embarrassed, upset or rejected. It will often even see good risks as dangerous. This worksheet will help you better identify your Inner Critic so you can create healthier coping strategies for limiting that voice.

1. What does your inner critic say when you're contemplating bringing up or talking about something that's scary?
2. When you think about making a career move?
3. When you come up with a big idea?
4. When you walk into a party where you don't know many people?
5. When you're feeling challenged as a parent/wife/daughter?
6. Sharing your creative work with others?
7. When you're getting dressed in the morning?
8. When you look in the mirror?
9. When you're trying on clothes at the store or getting ready for an important event?
10. Does your internal critic echo any external critics? (such as an abusive boss, tough family member, mean advisor at school, difficult coach or mentor)
11. Do you notice any cultural archetypes related to how you speak to yourself? (such as being a perfect daughter, strong son, perfect Southern wife, providing male or macho male)
12. Brainstorm 5 adjectives that describe our inner critic's personality (*i.e., hyper, anxious, people-pleasing, stubborn, angry, helpless*)
13. When was a time you were motivated without the inner critic interfering?
14. What were the circumstances that allowed that voice to be muted or not heard at all?

To further quell your Inner Critic, it can help to create a character for that voice:

- Is it a female or male voice you hear?
- Older or younger?
- If your inner critic were a person, what kind of person would it be? (*Old, stern professor, the popular girl in high school – invent someone or pick someone from popular culture*)
- Where does your inner critic live?
- What clothes do they wear?
- What are your inner critic's motives?
- Picture them speaking to you about something and ask them, "Why are you saying this to me?" Say a sincere, "Thanks, but no thanks" to them.

Remember that this is ongoing work. It's a relationship that you're looking to change, over time.

