

INNER CRITIC AWARENESS WORKSHEET



1. When does my inner critic usually show up?

(e.g., after mistakes, before important events, when I compare myself to others)

2. What does my inner critic usually say?

(write exact phrases or typical thoughts)

3. In what situations is it the loudest?

(work, relationships, appearance, studies, social situations, etc.)

4. How do I usually feel when I hear it?

(anxiety, shame, sadness, anger, motivation, etc.)

5. What do I usually do after these thoughts appear?

(avoid tasks, overwork, isolate myself, overthink, etc.)

6. Is what my inner critic says 100% true?

What is a more balanced view?

(avoid tasks, overwork, isolate myself, overthink, etc.)

7. What would I say to a friend in the same situation?

8. What is one kind of realistic statement I can say to myself instead?

(e.g., "I can learn from this," "One mistake doesn't define me")
