

I can take my own side and challenge my critical self-attacks

Challenge

1) Is my internal critic responding to Facts or Interpretation? _____

2) If I were critiquing a friend under the same circumstances, what would I be saying to them? _____

Is our negative internal commentary based on something we were told in the past?

1) Who was the original critic? _____

2) What are their qualifications to make the judgment they made? _____

3) Was that person's negative critique intended to foster a positive change in us, or was it a way to discredit, dismiss, or invalidate us? _____

4) If you were to relive the ORIGINAL circumstances, what critique would you give to yourself that would be more accurate? _____
