

The Inner Critic

The inner critic is the part of you that speaks in a harsh, judgmental or perfectionistic way. It often tries to protect you, but can leave you feeling inadequate, anxious or stuck. This worksheet helps you notice your inner critic, understand where it comes from, challenge its messages, and choose a kinder, more supportive inner voice.

1

Write down some of the critical thoughts you notice (e.g. "You're not good enough," "You always make mistakes").

2

What situations, people or feelings tend to activate your inner critic?

3

What do you think your inner critic learned? (e.g. past experiences, family messages, cultural or societal pressures)

4

Look at the thought. What evidence is there for and against it? What would you say to a friend in this situation?

5

Write a more balanced, compassionate and realistic alternative thought.

6

What would you like your inner voice to say instead? (e.g. "I'm doing my best," "It's okay to be human," "I can learn and grow")

Gentle Reminders

- Your inner critic is a learned voice, not a fact
- You can notice it without believing it
- You can be kind and still strive for growth
- A compassionate inner voice supports resilience, wellbeing and change

My Takeaway

What is one kinder thought I want to remember this week?