

# Befriending your inner critic [worksheet]

This worksheet is designed to be used after reading the full text, which sets context for the work below and includes additional tips.

Access it [here](#).

## STRATEGY 1: REBALANCE ENERGY

### 1. Your goal

Pick something you've been wanting to do and are struggling with:

.....

### 2. Self-limiting thought

What is the main thought that's holding you back?

.....

..... <--- balance out with ---> .....

Why it may not work	How to make it work
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..... <--- balance out with ---> .....

Why it may not work	How to make it work
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..... <--- balance out with ---> .....

Why it may not work	How to make it work
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..... <--- balance out with ---> .....

Why it may not work	How to make it work
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## STRATEGY 2: CREATE AN INNER ALLIANCE

### 1. Your goal

Pick something you've been wanting to do and are struggling with:

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### 2. Self-limiting thought

What is the main thought that's holding you back?

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### 3. Behind this thought

- Intention of inner critic: what is it trying to protect you from?

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- Acknowledge how they've been keeping you safe:

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- Accept what *this version* of safety has been costing you:

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### 4. Reframe the inner critic to inner protector

Update name of inner critic to reflect their desire to keep you from pain. Pick a name / role / title that makes sense to you (e.g. pain avoider, my secret service, my ego protector, mr handbrake, overcautious grandma):

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## 5. Agree on a higher common goal

What direction / goal is worth working towards?

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How do you want to show up to this work?

(e.g. patient, kind to myself, with curiosity, with an attitude of 'what am I learning daily?')

.....

## 6. Re-contract with critic/protector

Ask how can this part of you continue doing the job of protecting you *while* you are going forward. In order to move towards my higher goal, for the next 2 weeks:

- Critic/protector (new name ..... ) agrees to ONLY focus on:

.....

- The driver in me agrees to do the following:

.....

## 7-∞. Check in & re-contract as needed. Repeat until new habit is formed

After 2 weeks:

- What worked: .....

- What could've been done better: .....

- What will you do the same, or differently, for the next 2 weeks:

.....

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After 4 weeks:

- What worked: .....
- What could've been done better: .....
- What will you do the same, or differently, for the next 2 weeks:  
.....

After 6 weeks:

- What worked: .....
- What could've been done better: .....
- What will you do the same, or differently, for the next 2 weeks:  
.....

## **Capture your learnings.**

What I discovered over the last 6 weeks:

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