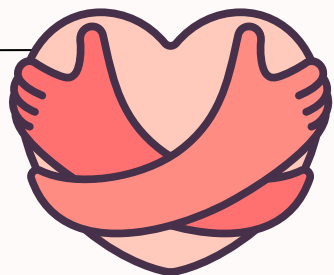


# Self Critic journaling

What happened today that was hard?



# Self Critic journaling

Is there a story my mind is telling me about what happened ( ie I am worthless, I am lazy, I am stupid, I can't do anything right?).

- What does the self critic hope to accomplish? protect you, motivate you etc

Is it working?

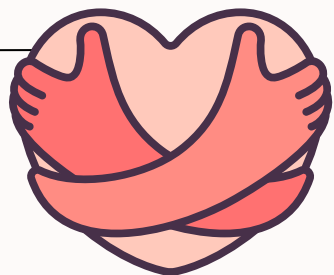
**Label this the judging self critic thought and story. What does this feel like?**





# Self Critic journaling

Is this a familiar story? Have you heard it before? Does it serve you? Get curious. If so how? Where did it come from?



# Self Critic journaling

Is there another equally true story that might serve  
you better? If so what is it?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

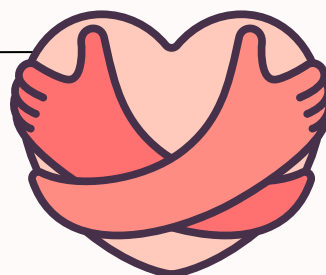
---

---

---

---

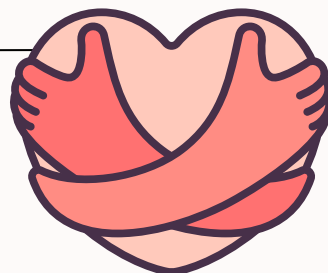
---



# Self Critic journaling

It's hard to struggle with the self critic, but it's likely trying to keep you safe in some way. What would it be like to let it go in this case? Can you try to say something kinder to yourself and see how it feels? Experiment with this.

You might even try thanking the self critic for trying to keep you safe and asking it to let you try kindness in this case. What does it say?



# Self Critic journaling

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

