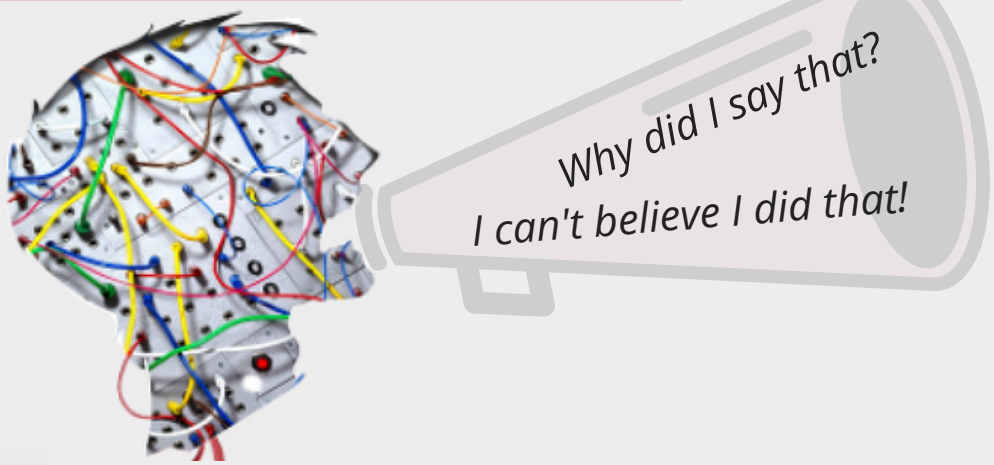


# Self-Criticism tip sheet

## 1. What do you hope to achieve by listening to your critic?

- *What does it help you do?*
- *What are your greatest fears if your critic was taken away?*

## 2. Let's see if it really does help



## 3. What does that critic look like, what does it say?



- *When you stop and really listen what does it say to you?*
- *What does the vocal tone sound like?*
- *How does it feel towards you?*

## 4. How do you feel now?

- *Does it have your best interests at heart?*
- *Does it help and support you when things get tough?*
- *Does it encourage you when you fail?*



## 5. How would your compassionate self treat you?



- *If you were at your most wise and courageous what would your compassionate-self sound like, look like, how does it feel towards you?*