



# Getting to know your Inner-Critic

- What is the inner-critic trying to protect me from?
- What is it afraid will happen if I don't listen to it?
- What are its rules or beliefs about how I need to be or act?
- When did this inner-critical voice first start to feel strong or noticeable? Can I connect it to any past experiences or relationships?
- What are the specific words or phrases it uses most often?
- What are the physical sensations I notice in my body when the inner-critic is active?
- What does this part believe about my worth, abilities, or lovability?



- What would happen if I didn't engage with the inner-critic for a little while? What are my fears about that?
- Even though it feels harsh, could there be something it's trying to help me achieve or avoid?
- If this part had a name, what would it be?
- Can I picture this inner-critic as a separate entity – perhaps a specific person, a creature, or even a shape or color? What does it look like? Where does it sit or stand in relation to me?
- If this inner-critic had its own voice, what would it sound like? What would its tone be?
- Can I imagine having a conversation with this inner-critic as if it were someone else? What would I say to it? What would it say back?
- Could I try writing down what the inner-critic says in the second person (e.g., "You're so stupid") rather than in the first person ("I'm so stupid")?



- Can I identify the specific "job" or role this inner-critic seems to be trying to fulfill in my internal system of parts?
- Could I imagine putting the inner-critic in a specific "place" – perhaps in another room, in a chair across from me, or even contained within a symbolic object?
- When the inner-critic becomes active, can I consciously acknowledge its presence ("Ah, there's that critical part again") without engaging with its content/message immediately?
- Can I track when the inner-critic is most and least active? Are there specific triggers or contexts?
- If I were talking to someone else who had this same inner-critic, what advice would I give them?