



# 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?