

WORKSHEET FOR FLIPPING THE INNER CRITIC

**These characters might be fun friends for you when the Seven Inner Critics show up.**

Patty Perfectionist

Contented Cathie

Connie Controller

Trusting Trudy

Tessie Taskmaster

Satisfied Suzie

Dot Destroyer

Assertive Alice

Olga Under Miner

Proud Prue

Gertie Guilt Tripper

Courageous Cassie

Molly Molder

Stand Out Stacey



**Be the OBSERVER! What might each of them say?**

Patty	Cathie
Connie	Trudy
Tessie	Suzie
Dot	Alice
Olga	Prue
Gertie	Cassie
Molly	Stacey



**CREATE A LIST OF REFLECTIONS**....about your Inner Critic and the games she plays. For instance:

Does she attack and withdraw afterwards? Or stay attacking?

Does she shrink and withdraw? Become resentful and blame others?

When her self talk escalates, which is her best friend Inner Critic? Eg Does Olga join in the party when Patty gets things wrong?

Which Critic plays out the most in certain situations, or certain people?

Notice their words too: Always, Never, Not, But, Should, Shouldn't, Ought to, Have to, It's Hopeless, No Point trying,

Are they Blaming, Justifying, Denying, Retaliating,

Are they feeling like the victim, or the persecutor or rescuing?

Is their behavior motivated by resentment, rejection or regret?

**REMEMBER:**

Your Inner Critic is here to PROTECT YOU.

Her reactions are based on someone else's point of view, which you learnt from a young age. They may be from your own distorted beliefs based on your experiences.

The good news is you can CHANGE THEM!

You can RE-PROGRAM your beliefs, make sense of things from a different point of view, create new habits of thinking, and choose a more conscious reaction to life around you.

**Would you like some mentoring to get started? [Book here](#) to discuss the best plan for you.**