

# My inner critic

How to notice them

What might they say?

What are they like?

What do they look like?

Do they have a name?

Do they have any colours associated with them?  
are they a person/animal/monster/ora?

Identifying and personifying your inner critic can make it easier to fight back

You are not your inner critic!

Notice your inner critic when they are too noisy

Challenge the thoughts of your inner critic and demand they go away/quieten down

**shout** here for  
**85258** you 24/7

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