

JOURNALING *Prompts* FOR WHEN YOUR INNER CRITIC GETS LOUD



1

What am I saying to myself about this situation that I would never say to someone I care about?

2

What mistake, flaw, or awkward moment am I treating as evidence of a much bigger personal failure?

3

What would I say to a close friend if they came to me with exactly the problem I'm criticizing myself for?

4

Which part of my self-criticism is based on a realistic lesson, and which part is simply punishment?

5

What standard am I holding myself to right now, and would I consider that standard reasonable if someone else were in my position?

6

Rewrite one harsh thought in language that is honest, compassionate, and still accountable.

