

Self-Compassion and Inner Critic Prompts

1. What am I saying to myself about a recent mistake?



2. Would I speak to someone I love the way I have been speaking to myself?

3. What does my inner critic seem most afraid will happen if I make a mistake?



4. Which part of myself needs understanding rather than criticism right now?

5. What would a fairer interpretation of my recent failure or setback sound like?



6. When did I first learn that being hard on myself was supposed to make me better?

7. What expectations am I holding myself to that I wouldn't place on someone else?



8. What do I need to hear when I'm disappointed in myself?

9. What is one mistake I can learn from without using it to define my character?



10. If my inner critic had to provide evidence instead of insults, what would actually be true?

Printable and journaling guide

