

# Talk to Your Inner Critic

Use the columns below to work through some of the stories your inner critic is telling you.

**Step 1.** On the left side, write what your inner critic says.

**Step 2.** Write responses on the right side as though you were talking to a good friend.

<i>Inner critic</i>	<i>What a friend would say</i>

**Step 3.** Read through what you've written. How does it make you feel?

Questions? Email [janet@janetfouts.com](mailto:janet@janetfouts.com)