

The deadly sin of Self Criticism - Week One

Self Nourishment



Notes from Video on Self Criticism:

*'It's what
you
whisper to
yourself
that has
the most
power'*

Reflections:

What are my self criticism patterns? - Which situations lead to it happening? What are my thoughts?

What happens after I have criticised myself?

What would you say to your closest friend in the same situation?