

Self Nourishment - Week Five

How to begin to silence the inner critic



When is your own inner critic the strongest?

Which areas of life do you feel less self worth?

What is the story you tell yourself?

What would you say to your best friend?

What is the long-term consequence to you if you dont challenge your inner critic?

What steps can you take to help quieten the inner self criticism?

'Self investigation is a necessary light. Self criticism is an unnecessary burden'

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Visualise your best self, write about her and add any image of what she looks like.

How would you feel?

What would you be doing?

*'You have
been
criticising
yourself for
years.'*

*Try
approving of
yourself and
see what
happens'
Louise Hay*