Discovering and Taming Our Inner Critic

YOUR NAME: ___________________________ DATE: _______________

What picture did you pick as to how you hear your inner critic voice related to your career? ________________________________

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Describe how you see your relationship with your inner critic? ______

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How does your inner critic make you feel? __________________

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What affect has your inner critic had on your career?__________

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What affect has your inner critic had on your life?______________

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What did your inner critic say to you when the improv exercise was announced?
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What did you learn about yourself from the improv exercise?
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What can you identify as the top trigger (sinker) that causes your inner critic to start “yelling” at you?
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How has learning awareness of your inner critic voice affected your perspective on its involvement in your career?
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Entering into Part 2 of this Workshop on Our Inner Critic.

How do you want to change your relationship with your inner critic?

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What did your inner critic say to you as you started the art project?

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What did you name your inner critic and what does it sound like when it speaks to you?

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How did you make your inner critic look and what is its mannerisms?

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How has the process of personifying your inner critic affected your relationship with your inner critic?

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How will you help reflect back your inner critic’s voice?

How will you support your inner critic’s need to protect you?

What did your picture look like that described the relationship you would like with your inner critic going forward and why did you pick it?

How did you partner with your inner critic to embrace the “out of the comfort zone” feeling related to this workshop?
Discovering and Taming Our Inner Critic

With this Inner Critic Workshop fresh in your mind.

What commitment are you taking from this workshop which is going to help you create and build a partnership with your inner critic?

We are 1 Life Connected!

We control our actions
We create our environment
We embrace our emotions
We find self-forgiveness

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