

## Critical Inner Voice Homework/Questions

- a. Perhaps think about those moments when you are most critical towards yourself and channel yourself in those moments right now... I want you to “go off” on yourself – be ridiculously critical, insulting, and mean-spirited towards yourself. “Here’s what I really think of you...” Attack yourself about your weaknesses, your mistakes, your inadequacies, your character, etc., in an aggressive and unsympathetic fashion. Be technically honest on some level but exaggerated, narrow-minded and not really fair. Write all thoughts and statements that come to mind – try to just go with the flow, more like a brainstorm – don’t worry about grammar, punctuation, etc. or whether what you are saying is completely accurate. You will not have to share this version with anyone else, including the teacher.
- b. If you were a bit stumped but after learning about the critical inner voice understand better, feel free to add to what you wrote for a.
- c. Read over what you wrote. Try to analyze this from an outsider’s point of view. Are there certain themes/ideas that keep popping up? Are there certain statements/criticisms that are part of the same idea? Can you summarize what you said in say, 3-6 bulletpoints? Write down what makes sense here...
- d. Respond to your main criticisms about yourself in the way that the animation says to – write this out. Again, make sure that you are *realistic* in the way you respond – In general, the critical inner voice NEEDS to be refuted, but there could be a grain of truth in what it says and you want to recognize this as well. You can’t fight irrationality with irrationality.
- e. Revise your critical inner voice dialogue so that you are comfortable with someone else in the class reading it. It might be best here to keep an original unaltered and then copy and revise it. NOTE: When I ask you to share what you wrote I will give you the option of not letting anyone else read it and completing the class activity in a different way if you wish...

If it would be helpful for you to watch all or part of the animation again, here is the link: <https://www.youtube.com/watch?v=uWc4pZhnpOw&feature=youtu.be>

- f. Write down any behaviors you can think of that the critical inner voice seduces you into performing and then attacks you for doing afterwards.
- g. Stop acting on your inner critic’s bad advice! How does the critical inner voice limit you, or affect your behavior in a negative way? Think of a few specific actions you could take, or specific consistent changes you could make in your daily living, that would be for the good and would break through the limitations placed on you by your critical inner voice.