

## My inner-Critic



Everyone has an inner-voice. What is your inner voice like? Is he or she harsh and horrible or is she or he supportive and kind?

### Activity – Tik Tok

Imagine that your inner voice is like a commenter on a Tik Tok reel you just posted about yourself. What comments would be on your reel? Would they be kind or cruel? What kind of things would this inner voice commenter say to you?

My inner-voice would be

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My inner-voice is this type of person

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The last time I got a grade for something inner-voice said:

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Now imagine that you want to argue back at this Tik Tok commentor let's think about the kind of things you could say by using these hints:

You could tell your inner voice how you feel about this emotionally, what label would you give you emotion and how does it make you feel when the commentor talks to you this way (e.g. this had made me feel really sad and I am not ok with feeling that way )

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You could remind your judge that you are only human (e.g. its ok because even Einstein failed at some things at school).....

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**Remember that resilient people know that sometimes their inner-voice can be harsh and negative but they use the three steps above to challenge those negative thoughts!**