



SELF-CONFIDENCE & COMMUNICATION SKILLS

Work Sheet 5

Next time you receive criticism that you find hard to deal with, work through this table. See if your perspective has changed or if you feel better after completing it. If so, add an entry each time you receive criticism until you are better able to interpret criticism in a more positive way. You may find that your inner critic is the main problem – if so, try the second activity too.

Comment/criticism (try to be as accurate as possible)	What was the situation/what was the comment in relation to?	How did you feel? What did you think? Did you use any unhelpful thinking habits?	Do you think the comment was personal? Or was it intended to be helpful?	What helpful feedback can you gain from the comment? What can you learn from it?	Did you receive any positive feedback too? What was it? If not, what else have you achieved today?

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This next activity will help you to deal with your inner critic. This is often the harshest critic of all! We can tell ourselves things that we would never dream of saying to anyone else. Sometimes our inner critic may think they're helping us by protecting us from failure, embarrassment or hurt, but ultimately they're just holding us back.

Over the next 2 days, jot down all of the negative things you say to yourself. It may be hard at first because it can be very habitual (i.e., you may not even notice your inner critic because you are so used to that negative voice!). Then fill in the table to start working on those thoughts.

Inner critic thought	Evidence for and against the thought	How is this thought limiting you? Is it similar to any of the unhelpful thinking habits?	What could you say instead? (e.g. what would you say to a friend in this situation?)	How could you prove your inner critic wrong?

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Once you understand that your thoughts – and especially those of your inner critic – aren't facts, you can start to distance yourself from them and replace them with kinder, more compassionate ones.