



SHIFT

Navigating Your Inner Critic

WORKSHEETS BY SHIFT COLLAB

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Navigating Your Inner Critic

SPOT THE INNER CRITIC

Think about a recent moment where your inner critic spoke up.

- What situation were you in?
- What exact words or tone did your inner critic use?
- How did it make you feel (emotionally + physically)?

Write Here:

IDENTIFY THE CRITIC'S VOICE

- Often, our inner critic borrows voices from past experiences.
- Does this voice remind you of anyone (teacher, parent, boss, culture, etc.)?
- What is the main fear underneath the criticism (failure, rejection, embarrassment)?

Write Here:

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CHALLENGE THE CRITIC

Ask yourself:

- Is this thought 100% true?
- What evidence supports it? What evidence goes against it?
- If a friend came to me with this thought, what would I tell them?

Write Here:

REFRAME WITH A KINDER VOICE

- Imagine a supportive inner coach speaking instead of your critic.
- Rewrite your critic's words in a compassionate, realistic way.

Example: Critic → *"You're going to fail."* → Reframe → *"This is hard, but I can take it one step at a time."*

Write Here:

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ANCHOR IN SELF-COMPASSION

Complete these prompts:

One thing I'm proud of about myself: _____

One quality I value in myself: _____

One way I can support myself today: _____

CREATE A QUICK GROUNDING TOOL

Pick a phrase or image to use when the critic shows up.

Examples:

"I don't have to be perfect to be worthy."

Visualizing a stop sign.

Hand on heart with a slow breath.

My grounding tool: