

# BEFRIENDING YOUR INNER CRITIC

1-2 minute practice to transform conflict into connection and build stronger relationships

## PURPOSE:

- Recognize and interrupt harsh self-talk
- Build a more compassionate relationship with yourself
- Reframe the inner critic as a well-meaning (but outdated) protector

## HOW TO:

Next time your inner critic shows up, try this 3-step process

### 1 Acknowledge it kindly

*"Hello [Inner Critic name]. I hear you. Message received."*

You don't have to agree with it—but you can listen without fear.

### 2 Reframe its role

Remember: it's not your enemy. It's trying to keep you safe.

Treat it as a misguided protector, not a villain.

### 3 Give it a persona

You could even use an AI tool to create a cartoon image!

This helps create distance and makes it easier to respond with humor or care.

