

## INNER CRITIC TRIGGERS ACTIVITY

When your self-talk becomes critical or unresourceful, it is usually underpinned by limiting beliefs. Most often, these beliefs will relate to one of five key assumptions which are unconsciously held to be true.

- I am lacking resources
- Uncertainty is threatening
- I don't yet have the skills I need to do this
- I'm not good at motivating myself
- I can't trust my own opinions and/or feelings

It is easier to turn your inner critic into an inner coach if you know – and respect – what triggers it. This exercise will help you work out WHAT sparks your critical self-talk and WHAT your inner critic wants. Remember that even that nagging inner voice has a positive intention. It wants to protect, help or improve you. Follow the example in row one as a guide.

WHAT THE INNER CRITIC SAYS	KEY TRIGGER	THE POSITIVE INTENTION OF THE INNER CRITIC (WHAT IT WANTS)
<i>You are lazy. If you aren't prepared to work late, you shouldn't be a manager.</i>	<input type="checkbox"/> Lack of resources <input type="checkbox"/> Uncertainty <input type="checkbox"/> Lack of skills <input type="checkbox"/> Low motivation <input type="checkbox"/> Self-doubt <input type="checkbox"/> Other (list here)	<i>To prevent me failing or being criticised for letting the team down. To keep me motivated to keep working, even when I am tired.</i>
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