


## Recognising Judgment and Working with the critic



When you feel judged, you believe you have to change yourself because something is wrong with you.

You might be aware of the voice of the critic as an internal dialogue.

You might become aware of feeling; ashamed or humiliated, worthless or collapsed, guilty or angry.

You might become aware of body sensations ... shaky or tired or nauseous.

Take some time to notice some of the ways in which you become aware that your Critic is at work ...

Write down some of the statements of your inner critic ...

Notice what happens in your body when you hear the voice of your inner critic ...

Maybe you first become aware of your inner Critic when you feel something inside – an emotion or body sensation.