



## SELF-JUDGING, SELF-CRITICAL MENTAL CHATTER

Your inner critic comes out mostly when you're feeling badly about yourself or afraid or vulnerable in some way. It's on hand to bash you, roll its eyes in disgust, and reinforce just about every negative thing you think about yourself.

This self-judging, self-critical mental chatter, a.k.a. your gremlin runs rampant and unrestrained in the corners of your mind, causing relentless havoc and harm whenever it is left unchecked. Its number one goal is to poison your mind with fear, destructive thought patterns, and limiting beliefs that have little to do with who you really are.

## MY GREMLIN



I'M NOT GOOD ENOUGH

I'M NOT WORTH IT

IT'S TOO HARD

STUPID FOOL

I'M SCARED TO TRY

I'M SCARED TO FAIL

I DESERVED IT

I HATE MYSELF

I'M USELESS

NO-ONE UNDERSTANDS

ABANDONED

REJECTION

I'M NO GOOD AT THIS

I'M GIVING UP

SHAME

NO-ONE REALLY WANTS ME

I'LL NEVER MAKE IT

I'M MESSSED UP

GUILT

TENSE



## Calming Your Critical Inner Voice

One sure way to start calming your critical inner voice is to assert some authority! Let it know who's in control. Sabotage its stranglehold with:

**SELF-LOVE,  
SELF-COMPASSION,  
AND SELF-WORTH.**

## Breaking Free Of Limiting Beliefs And Self-Judgment



Practice The Pause

Reframe/Replace

I Am Not My Thoughts

STOP/GO AWAY!

Remember Who's In Control

Be Gentle, Kind & Compassionate

What Am I Feeling/What Is My Need?



## Getting To Know My Inner Gremlin (self-critical mental chatter)

What kind of words does it use? \_\_\_\_\_  
\_\_\_\_\_

When and how often does it show up? \_\_\_\_\_  
\_\_\_\_\_

What tone does it have? Harsh Cold Angry

Does it remind me of anyone in my past? If so, what words/tone did they use? \_\_\_\_\_  
\_\_\_\_\_

What age did it start to show up? \_\_\_\_\_  
\_\_\_\_\_

What things do I do to turn down the volume or switch it off altogether? \_\_\_\_\_  
\_\_\_\_\_

What do I do to keep it fed? \_\_\_\_\_  
\_\_\_\_\_

It shows up as? Low-energy poor-health dull disposition laziness demotivated



## **When I Notice Negative Self-Talk...**

I:

### **Practice The Pause**

Pause. Take a few deep breaths.

### **Reframe/Replace**

Instead of “Damn it, I’ll never get this right” “Take a breath and say, “OK, what do I need here, this is tough but let me take one small step at a time.”

### **I Am Not My Thoughts**

I am far more powerful than my thoughts because I have the ultimate say in what I think. I choose to be in control of my thoughts...or I choose for my thoughts to be in control of me.

### **Stop/Go Away**

In the midst of streaming thoughts assertively say...STOP! or GO AWAY to quite literally stop them in their tracks.

### **Remember Who’s In Control**

Instead of getting annoyed with my thoughts and trying to push them away, I acknowledge them, then choose to gently let them go.

### **Be Gentle, Kind and Compassion**

The best antidote for when my gremlin shows up is to create a different kind of relationship with it. Practice being kind, gentle, and compassionate to myself anytime negativity rears its ugly head. Develop a dialogue of supportive self-talk that challenges my gremlin about why it has shown at this particular time or juncture of my life.



## What Am I Feeling/What Do I Need?

Emotional experiences can inform me about myself and lead to productive thinking and a deeper understanding of who I am. Negative thoughts may be an indication of an unmet need. Sometimes it is in moments of sadness that we get our best insights. Time for some quiet and a deep dive into me.

## Don't Be Afraid To Get To Know Your Inner Gremlin.

Write down what my Gremlin is telling me in the moment, then write about how it is different after challenging it with some of the suggestions above.

	Monday	Tuesday	Wednesday
Practice The Pause	_____ _____	_____ _____	_____ _____
Reframe/Replace	_____ _____	_____ _____	_____ _____
I Am Not My Thoughts	_____ _____	_____ _____	_____ _____
Stop/Go Away	_____ _____	_____ _____	_____ _____
Remember Who's In Control	_____ _____	_____ _____	_____ _____
Be Gentle, Kind and Compassion	_____ _____	_____ _____	_____ _____
What Am I Feeling/ What Do I Need?	_____ _____	_____ _____	_____ _____



**Thursday**

**Friday**

**Saturday/Sunday**

**Practice The Pause**

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**Reframe/Replace**

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**I Am Not My Thoughts**

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**Stop/Go Away**

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**Remember Who's In Control**

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**Be Gentle, Kind and Compassion**

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**What Am I Feeling/  
What Do I Need?**

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