

## EXERCISE 3

# Inner Critic Personification

**Step 1:** Get into a comfortable position and close your eyes or put them at rest, such as looking down and softening your gaze. When you bring your attention inward and allow yourself to feel your inner critic, what does it look like? What represents them best, a person or an object? How do you feel towards them? Write down what you are noticing.

### WHAT I'M NOTICING ABOUT MY INNER CRITIC

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**Step 2:** Now that you know your inner critic, can you talk to it as if it's a separate entity to help reduce its power? Notice when it likes to show up. What it says to you. What do you want to say to it now that you are feeling more separate from it? Write down some things you can say.

### WHAT I CAN SAY TO MY INNER CRITIC

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**Step 3:** Picture a container in your mind to hold your inner critic now that you know it better. Visualize placing it in the container, focusing on the container size, material, and shape. Once your inner critic is successfully inside the container, visualize sealing it and placing it somewhere safe to allow your mind, body, and emotions to regulate. Note your container size, shape, and location on your piece of paper for future reference.

### DETAILS ABOUT MY CONTAINER

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