

The critical part	The criticized part
<p><b>1. What is it your critic is telling you?</b> Think of an episode where you typically criticize yourself and become your inner critic for a while. Write down what it is you say to yourself. Be specific and hard in your criticism, while using you-language to yourself!</p>	<p>Write down step 1 here:</p>
<p>Write down step 2 here:</p>	<p><b>2 What does it feel like to hear this?</b> Read the message from the critic out loud. Become aware of what this feels like in your body. See if you can get to the vulnerable underlying feeling. Write it down and tell the critic how it feels to hear the message.</p>
<p>Write down step 3 here:</p>	<p><b>3. What do you need from the critic?</b> When you get criticized and feel like this, what is it you need from the critic or want the critic to do? Write down what you would rather have happening.</p>
<p>Write down step 4 here:</p>	<p><b>4. What is it like to ask for what you need?</b> Read out loud what you need to the critic, while at the same time becoming aware of what that feels like in your body. If it feels good, continue to ask for it.</p>
<p><b>5. As the critic, how do you respond to this?</b> If the critic has more criticism, go back to step 1 and repeat. If the critic feels like softening, write it down and let the other part of you know. As the critic, you might ask yourself: What have you been trying to achieve? Have you been trying to heal or protect the other part of you? What are you concerned might happen? Can you meet the need of the other part of you? Write down what you want to do going forward.</p>	<p>Write down step 5 here:</p>
<p>Write down step 6 here:</p>	<p><b>6. What does it feel like to hear this?</b> Read out loud what the critic is saying and become aware of how that feels in your body. Tell the critic how it feels and why this is important to you. If you have a hard time doing this exercise, you can stop and sum up where and how it was hard. Perhaps you can try again later.</p>
<p>Skriv punkt 7 her</p>	<p><b>7. What do you want to happen going forward?</b> Read through the steps you have written down. Commit to a decision about what to do with this in the near and far future: Do you want something to change between you and your critic? Do you want to seek help resolving this? Write it down!</p>