


Taming the Inner Critics

 Help you identify and reframe the inner voices that hold you back so you can tap into your full potential.

Identify the "inner deceivers" that sabotage your success and reframe them into "inner coaches" to boost your mental strength.

STEP-BY-STEP INSTRUCTIONS:

- 1 Identify Your Inner Critic**
Read through the five types of inner deceivers: The Classic Judge, The Victim, The Protector, The Neglector, and The Ringmaster.
- 2 Reframe the Critic**
Write down what your inner critic says. Then rewrite that script into a positive inner coach message.
- 3 Rewriting Exercise**
Reframe the inner voice into one that supports you. *For example, The Victim: "I'm always overwhelmed." → Inner Coach: "Challenges are opportunities for growth."*

1 IDENTIFY INNER CRITIC



The Classic Judge

The default critical voice that **judges you for everything** you did or didn't do.



The Victim

The voice that makes you **feel powerless**, focuses on things outside your control, and avoids responsibility.



The Protector

The voice that tries to **keep you safe from failure** or criticism, but ends up paralyzing you from taking action.



The Ringmaster:

The voice that drives '**destination obsession**,' constantly pushing you and telling you that you haven't done enough to deserve a break.

INNER CRITIC SAYS	REWRITE AS INNER COACH
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2 REFLECTION

How did reframing your inner voice feel?

Did it change how you approached challenges?

What would happen if this became your default mindset?