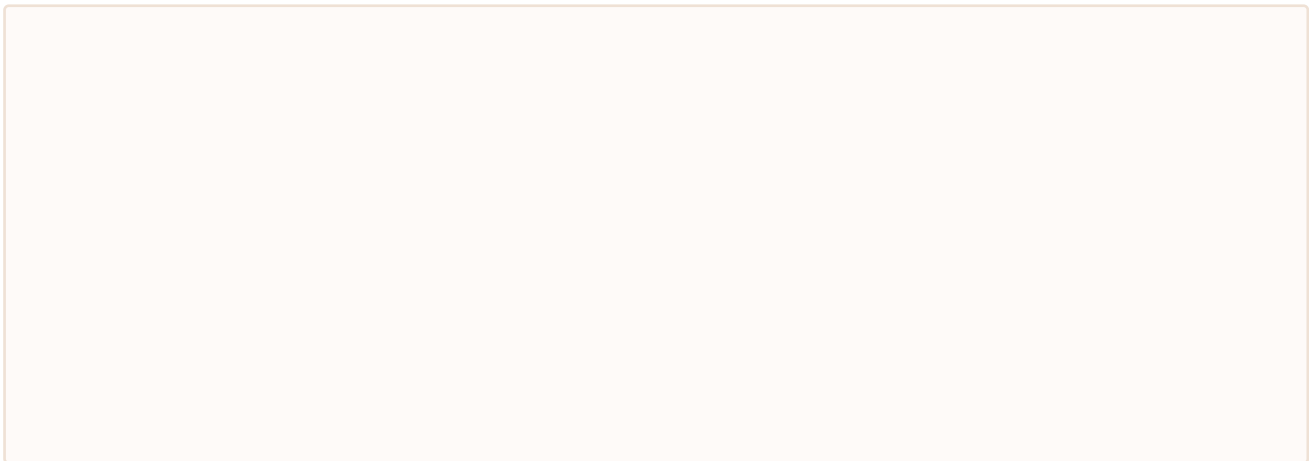


# Personifying Your Inner Critic

This exercise gives your inner critic an identity that's outside of you so that you can gain distance from it. Doing so helps put your inner critic into perspective and externalizes it as something separate from you. That way, you can acknowledge it's there without necessarily having to buy into what it's saying or letting it order you around.

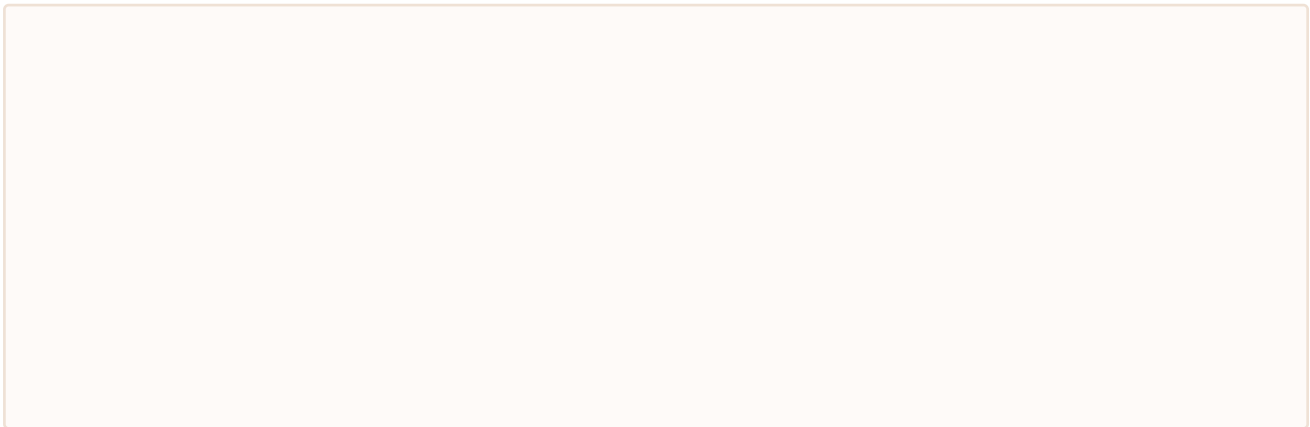
## STEP 1

Draw your inner critic in the space provided. This isn't a piece of art so don't judge yourself, just draw! Give your inner critic a specific name or title (ex. Little Monster, Darth Vader, The Drill Sergeant, etc.)



## STEP 2

Jot down key features of your inner critic. For example, does it have a color? What's it wearing? What type of tone does it have?



### STEP 3

Write down the negative self-talk your inner critic says to you when in the throes of imposter syndrome.

*Example: You're not good enough, you should give up, why even bother?, you got lucky, they're judging you, etc.*

### STEP 4

Reflect on the questions provided:

When and where does your inner critic tend to pop up? What's happening?

Where might your inner critic come from? Certain people or experiences?



What is your inner critic's purpose? What do you think it's trying to achieve?

What is your inner critic most afraid of?

Who would you be without your inner critic?

How could your life change or improve if you could put your inner critic in perspective?

