

WORKBOOK

for

HUSH NOW

Quiet Your Inner Critic



Introduction

Welcome to the *Hush Now - Quiet Your Inner Critic* Workbook! This workbook is meant to accompany the *Hush Now - Quiet Your Inner Critic* eBook. You'll use this resource as a tool to further explore the ideas in the eBook and to work through the thoughts and feelings that surround your inner critic.

Your inner critic has been with you a long time. Overcoming it requires deep introspection and taking time to analyze its roots. New skills will need to be acquired and practiced. This workbook will help you to make the connection between your past and the messages you currently give yourself. You'll then be able to forge new patterns for silencing your inner critic and creating a healthier internal dialogue to move you forward.

So, grab a glass of water and find a comfortable spot to get started on this journey to self-discovery. We'll cover a lot of ground that touches upon the concept of where your inner critic comes from and the four steps listed in the eBook for vanquishing it. By the time you've completed these exercises, you'll have a much greater insight into this internal voice and feel confident you have the tools to manage it.

Let's get started!

What are the most common negative statements your negative self-talk contains? What are the things it tells you on a regular basis to hold you back? How do these things make you feel?

Does your inner critic make you question the motives of other people? Do you find yourself thinking others' intentions are less than pure or that they don't think highly of you? In what specific ways do these types of thoughts play out in your internal dialogue?

Exercise #2. Acknowledge Your Critical Thoughts

Being able to recognize your critical thoughts is the key to identifying and acknowledging your inner critic. If you aren't aware when this mean voice is rearing its ugly head, you won't be able to manage it and overcome it.

So, let's review some signs to look for regarding your inner critic and spend some time figuring out which specifically may apply to you and your life.

Here's a reminder of the types of self-criticisms. Take a look and circle which ones apply to you:

Self-doubt

Fear

Guilt trip

Judgment

Shame

Rejection

Comparison

Projection

How many did you circle? It's okay to circle as many as you feel apply. You might want to take a moment to jot down some notes to remind you of when you use these types of criticisms and what messages you give yourself regarding them.

Exercise #3. Refute Your Critical Thoughts

Refuting the critical thoughts you have and gaining realistic perspectives about them is key to overcoming their harmful messages. Let's first start by noting any patterns you may see in your negative self-talk.

In what ways do you commonly criticize yourself? Write down the top three criticisms that come to mind for you. For example, you might list comparison to others, fear of looking incompetent and insecurity about your likability. Name them so you can banish them.

1. _____

2. _____

3. _____

Now it's time to start practicing positive self-talk. What are the good things about yourself? What can you realistically say are your strengths?

Finish these sentences:

My best quality is...



I am a good friend because...

My strongest skill is...

My best friend would say I am...

Awesome! Now we'll move onto reminding you of your past successes. This exercise will help you to gain confidence during times of adjustment or difficulty.

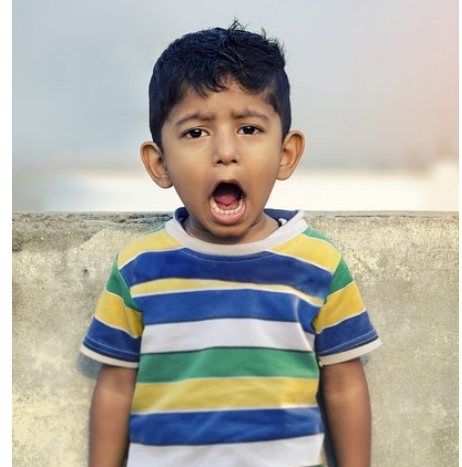
Name three times in the past where you overcame an obstacle or in which you achieved success. Even the smallest thing counts. Small successes can build on each other.

1. _____

2. _____

Finally, for the last part of this exercise, let's practice reframing your thoughts.

For each of the following sentences, write a new corresponding sentence that is more realistic and reframes the message to one that is positive and motivating. This will help you to turn this around when your inner critic starts badgering you.



I always mess up and can't do anything right.

New Sentence:

I'll never get the promotion. I might as well not even try because I don't have the right skills or talent.

New Sentence:

I should stay home from the party. No one there wants to hang out with me, anyway.

New Sentence:

Fabulous work! Refuting your critical thoughts may be the toughest part of the process. It requires a great deal of honesty and introspection. You should feel proud of yourself for taking these steps!

Exercise #4. Start Taking Action

Are you ready to start taking steps to put all you've learned into action? This part of the workbook will help you to do just that. You can examine practical ways to manage your negative self-talk in real time in order to stop it in its tracks before it gets ahold of you. You'll feel more confident and ready to put yourself out there once you've practice some of these techniques.

What are some baby steps you can take toward crushing your inner critic today? Let's look at some hypothetical situations and determine how you would handle them. Complete the sentence with what action you would take in each circumstance.

Your boss is unhappy with your project and would like you to fix some parts. What one thing would you tell yourself in order to stay positive and not feel like it's the end of the world?

You met someone new recently and would like to get to know them better as a friend. Maybe even ask them on a date, if you're romantically available. Name a baby step you could take toward building your confidence and silencing your inner critic.

You're contemplating taking a transfer for work. It would be a great career opportunity and a chance to live in a warmer climate, which you've always wanted to do. What's holding you back and what can you do to overcome your inner objections? Think small and name just one step to get you started.

Staying busy and working toward achieving a goal can help to quiet your internal critical thoughts because you're actually doing something proactive. Name five things you can do to work toward a larger goal you have. These steps will move you forward and keep your inner critic at bay.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Okay, it's worst-case scenario time. Name three worst-case scenarios your inner critic has recently convinced you could occur if you step out of your comfort zone. Then write down what would actually happen if the worst thing actually occurred. Is this something you could recover from? Do you think it is even likely to occur in the first place?



Worst-case scenario #1

What would actually happen:

Worst-case scenario #2

What would actually happen:

Worst-case scenario #3

What would actually happen:

Exercise #5. Review Your Progress & Celebrate Your Success

We've reached our last exercise. This is the fun part. You get to take stock of how far you've come, list your accomplishments, and celebrate your wins. These are important when it comes to keeping the momentum going with the new habits you've learned.

First, write down your biggest takeaway from the eBook. What do you think is the most important thing you've learned about your inner critic or how to manage it? This insight can offer evidence that you have gained important knowledge that can move you forward in your life.

It's time to celebrate. What types of rewards best motivate you? Write down three ways you can reward your progress the next time you notice you're able to push past the negative voices in your head and move forward anyway.

1. _____

2. _____

3. _____

How will you know that you've accomplished a milestone or made concrete progress? List three ideas you have for keeping track of your wins. For example, you could keep a tally of the critical thoughts you have from one week to the next and then compare to see if you have fewer the second week. Review Step 4 in your eBook for more ideas.

1. _____

2. _____

3. _____

Hooray! You've reached the end of our workbook. Hopefully, you now feel ready to Quiet Your Inner Critic. Congratulations on taking such big leaps to make changes in your mindset and deal with the critical voice that holds you back.

You can review the exercises in this workbook if you find yourself forgetting some of the lessons you've learned or feel that your new habits are backsliding. This is a process and will take practice. Be gentle with yourself. Reach out to your support network for feedback if you need it.

Best of luck!