Silencing The Inner Critic

Before You Begin

This worksheet is not about soothing your feelings, it is about dismantling a belief system that has shaped your spiritual life without your permission.

If you carry the belief that "God is disappointed in me," you didn't invent that. It was given to you, reinforced in you, and weaponized against you by systems that confuse fear with holiness and performance with faithfulness.

You are here to confront that system and expose the lie at its core.

This will require honesty, not niceness. Curiosity, not self-punishment. Courage, not compliance.

Let's tear down what needs to fall.

1. Expose the Voice That Has Been Running Your Life

Check any messages that sound familiar. These are signals of a belief system you absorbed:

- ☐ "You should be better than this by now."
- ☐ "God must be tired of your inconsistency."
- ☐ "Everyone else grows faster than you."
- ☐ "You blew it again, God is distant now."
- ☐ "If you were really spiritual, you wouldn't struggle with this."

Choose the one that has the most power over you. Write it below:

_____

Write the emotion this message produces:

_____

2. Identify the Source of the Lie

This belief didn't appear out of thin air. Someone, somewhere, taught you to expect divine disappointment.

Where did it start? (Check any that apply):

☐ A parent or authority figure who withheld approval

☐ A church culture built on guilt, fear, or performance

☐ A moment of personal failure that became a defining narrative

☐ A childhood environment where affection was conditional

☐ A theological system that made God emotionally unstable

Write the specific memory or moment that comes to mind:

_____

_____

3. Confront the Lie With the Voice of Jesus

Take the sentence your inner critic speaks and answer it with the truth revealed in Jesus.

My inner critic says:

_____

_____

Jesus says:

_____

_____

4. The Reformer's Return Practice

- Interrupt the narrative: Say, "This is the old system talking."
- Tell the truth without spin. What is actually happening right now?
- Declare the reality of union: Say out loud, "God, you are not disappointed. You are here."
- Receive compassion instead of punishment. Picture Jesus stepping toward you.

5. Your Weekly Disruption Question

"If God is not disappointed in me, what false power has been controlling my spiritual life?"

_____

_____

_____

THINKING ALLOWED

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If this worksheet surfaced something,
you don't have to carry it alone.