

## Inner Critic vs. Inner Coach Worksheet

**Instructions:** This worksheet can help you recognize and challenge your inner critic while strengthening your inner coach. Follow the prompts below to reframe negative self-talk into constructive, compassionate dialogue.

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### Step 1: Identifying Your Inner Critic

Think about situations where your inner critic is loud. Write down common negative thoughts you experience.

- Example: *"I always mess things up."*
- Example: *"I'm not good enough."*

Situation	Inner Critic Thought

### Step 2: Understanding the Impact

How does this inner critic affect your emotions, actions, and self-esteem? Write a few sentences.

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### Step 3: Introducing Your Inner Coach

Now, imagine you have an encouraging coach inside you. How would they respond to these negative thoughts?

- Example: *"I don't always mess things up—everyone makes mistakes, and I can learn from them."*
- Example: *"I have strengths and qualities that make me valuable."*

Inner Critic Thought	Inner Coach Reframe

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**Step 4: Finding Evidence for Your Inner Coach**

Think of real-life examples that support your inner coach’s perspective. When have you overcome challenges or succeeded despite self-doubt?

- Example: *"I prepared for a presentation last month and did well."*
- Example: *"My friend told me I’m a great listener."*

Positive Experience	What It Proves

### Step 5: Practicing Self-Compassion

Write a compassionate message to yourself as if you were speaking to a friend in the same situation.

- Example: *"It's okay to struggle sometimes. You're doing your best, and that's enough."*

### Step 6: Daily Inner Coach Check-In

For the next week, take note of when your inner critic appears and consciously replace it with your inner coach's voice. Jot down any progress or challenges.

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**Reflection:** How does it feel to listen to your inner coach more? What changes have you noticed in your mindset?

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