A PAUSE, A PRACTICE, A NEXT STEP

Self-Criticism

Accountability can have a kinder voice.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Identify the intended job

Ask what the critic is trying to prevent: rejection, a mistake, embarrassment, or loss of control. Understanding the concern does not mean accepting its cruelty.

01 / Notice and reflect

What is the critical voice trying to protect me from?

02 / Notice and reflect

What specific information is inside the criticism?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for help when criticism is relentless, connected to trauma, or contributes to depression, self-harm, disordered eating, or avoidance. A therapist can help you practice a more workable relationship with the inner critic.

Read more: Mayo Clinic · Self-esteem and self-talk

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.