

journal exercise **OBSERVE YOUR INNER DIALOGUE FOR A DAY**

For an entire day, see if you can observe your inner dialogue and catch any Inner Critic remarks or beliefs. Text yourself or write down every Inner Critical thought you have throughout the day. See if you notice a pattern of thoughts and beliefs that tend to keep coming up over and over. If you find Inner Critic's remarks to be especially overwhelming, hateful and berating, be prepared to use the the Inner Critic R.A.I.N. practice to process through Inner Critic's beliefs.

NOTE ANY AND ALL THOUGHTS THAT ARE JUDGEMENTAL, CRITICAL, BERATING, SHAMING, MEAN, PERFECTIONIST, COMPARING WITH OTHERS, ALL-OR-NOTHING, PERVASIVE, RIGID OR HATEFUL (DISGUST) TOWARDS YOURSELF