

Worksheet 12: My critical mind

What was the situation?

Links to the past:

(e.g. from your own parenting, or past experiences with other people, or different situations)

What was the intention of your critical mind?

(e.g. to make yourself feel bad, to prevent an issue from happening, or to help you in some way?)

What your critical mind said:

(try to use the actual words, which can often be harsher than what you would say out loud, including swearing to yourself)

How you felt after your critical mind spoke: