

Inner Critic vs Inner Coach

Navigating the Battle Within



Understanding the Voices

Inner Critic

- **Nature:** Harsh, judgmental, fear-based
- **Purpose:** Often tries to protect by pointing out perceived flaws or dangers
- **Impact:** Can lead to self-doubt and anxiety

Inner Coach

- **Nature:** Supportive, compassionate, growth-focused
- **Purpose:** Encourages self-improvement and understanding
- **Impact:** Fosters confidence and resilience

Inner Critic	Inner Coach
"You're not good enough."	"You're doing your best and that's enough."
"You'll never succeed."	"Every step is a step toward success."
"Everyone will judge you."	"Focus on what makes you happy."

Spot the Voice

Reflect on the voice you hear. Take a moment to pause and write down your thoughts.

- **What does my inner critic usually say?**
- **When does it show up?**

Reframe the Thought

Divide your thoughts into two perspectives to cultivate self-awareness.

Inner Critic Says...	Inner Coach Responds...
_____	_____
_____	_____
_____	_____

Daily Awareness Tracker

Use this tracker to observe and reflect on your thoughts.

Day	Situation	Critic Thought	Coach Response	How I Felt After
1				
2				
3				
4				
5				
6				
7				

Compassion Practice

Fill in the blanks to nurture kindness towards yourself.

- A kinder way to speak to myself is...

- I would never say ___ to a friend, so I can say ___ to myself instead.
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Reflection:

Take some time to journal about the changes you notice when you tune into your inner coach rather than your critic.

- **Prompt:** What changes when I listen to my inner coach instead of my critic?
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