



Reflection Exercise

for "[Moving from the Inner Critic to Self Compassion](#)"

The Inner Critic - Insight - Self Compassion

Materials:

- 1 pen to write
- 6 colored pens/pencils
- 4-5 sheets of 8 ½ x 11 paper

A. Writing Exercise:

1. Sit quietly with 1 sheet of paper - pen in hand.
2. Without pre-thought, give your Inner Critic [IC] 'air-time.'
3. Let thoughts come; write rapidly without filtering. Stop when one side of paper is filled.

B. Reflect on Written Account of IC's Message From Soul Perspective

Assume IC Means Well & Is Concerned For You. With curiosity & desire to understand the sub-message, suspend the need to justify/defend yourself.

1. Read through once.
2. Read again.
3. Circle each word/category with a different color.
 - a.] You . . .
 - b.] are/are not, be-ing/not be-ing, etc.
 - c.] do-ing/do-ing not/don't, could [be/have/been] /could not [be/ have/been], would [be/have/been] /would not, [be/have/been] etc.
 - d.] can [be] /cannot [be], will [be]/will not [be], etc.



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e.] Absolutes: [ex. never, always, forever, all the time, no way, impossible, all/none etc.]

f.] Directives: [ex. should, have to, must, etc.]

g.] Lastly 'The What' – Mark with 'w'
[ex. You will never ^wsucceed. etc.]

h.] Make Itemized List of Each Category on separate sheet of paper

Notice: No emotions or sensations - only judgments & directives [i.e. Thoughts Focus on YOU]

4. IC's communication style tells you what about the IC's Perspective/
Mindset?

a.] Open or Closed?

b.] Priorities are?

c.] Resources Availability/Source?

d.] Image of you, abilities, wants/needs, etc.?

e.] Image of others/the World/God?

f.] Motivating force behind IC's message (i.e. the emotion –
FEAR

g.] IC Role

5. Looking beyond the IC's autocratic, case-building/pressure, all-or-nothing style of communication, do you share some of the same concerns as the IC? [Check 'What' List].



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If so, what is different about your perspective and the IC in regards the IC's concerns?

- a.] How you hold/relate to them?
- b.] Cause, weight/effect of it ?
- c.] How to resolve them
- d.] Trust resolve is possible

C. Soul Listen:

- a.] Sit with exercise experience. [Soul Listening Practice]
- b.] Dialogue with IC from Soul Perspective: With compassion & understanding. Agree on joint concern - let the rest go. Connection is more important.
- c.] Compassionately Consider IC's fear based perspective is a part of you.

D. Reflections:

Journal -

- a.] Learnings & Intentions
- b.] How will you apply these in daily life?