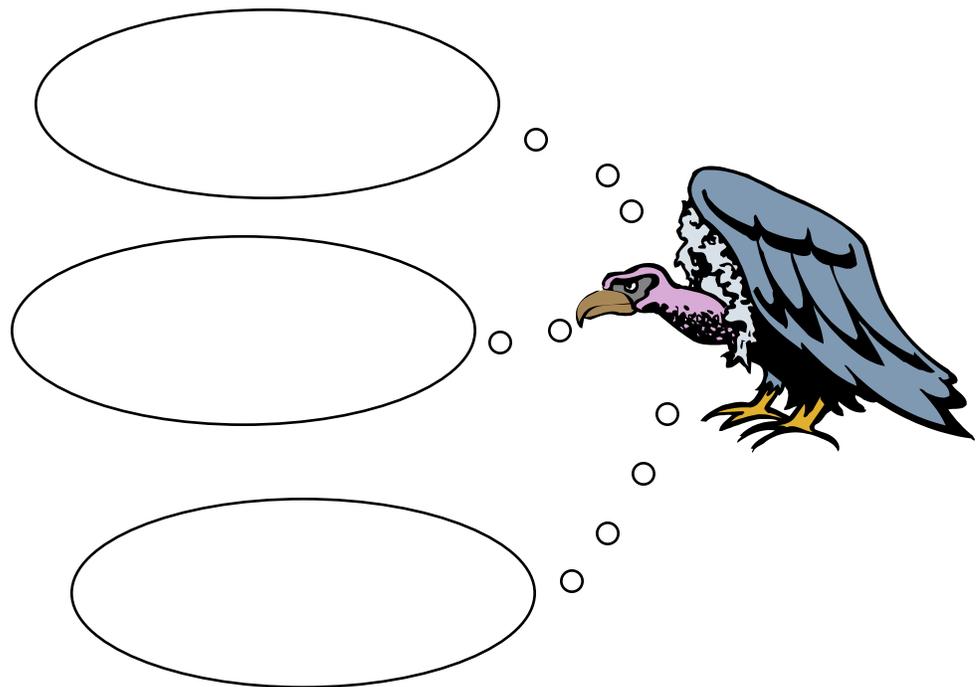


# The Critic Inside You

Sometimes we spend a lot of time thinking about the things that we can't change about ourselves. We have a voice inside that reminds us of the things we can't change. Some people call this voice their "critic" because it criticizes us and puts us down. Some person's critic might say, "Your hair is ugly," or "You're dumb," or "You're not good enough."

You can picture your critic as looking as a big vulture who stands over you saying negative things to you. What does your vulture say to you that makes you feel badly? Write some of those things inside the vulture's voice balloons.



You need to learn to keep the vulture quiet by saying, "STOP!" to that voice inside of you. You can answer it back by saying: "That's not true!" Remember, you have created that vulture; you can make him go away. Try stopping your vulture this week.

*Resource: Steps to Healthy Touching.*

CBT+