

Challenge the Inner Critic Worksheet

This worksheet helps you reframe negative thoughts into positive ones. Challenge your inner critic with balanced thinking.

Examples:

Example Negative Thought: 'I always mess up.'

Reframed Thought: 'I am learning, and mistakes are part of the process.'

Instructions:

- Write down a recent negative thought.
- Answer: Is this thought 100% true?
- Reframe the thought into a positive one.

Your Turn:

Blank area for writing responses, consisting of ten horizontal grey bars.