

5 Steps to Taming Your Inner Critic

- ① **Practice pulling over and taking a pause.** When you notice negative self-talk, figuratively pull over and take a moment to be curious.
- ② **Know, you are not your thoughts.** You don't have to believe everything you think!
- ③ **Ask yourself.** "What is my mind telling me right now? Is it useful or helpful?"
- ④ **Acknowledge.** Rather than trying to push the negative thoughts away, acknowledge those pesky Ghouls by saying - "Oh, you again," - then let them go.
- ⑤ **Remember, Ghoul sabotaging chatter is a good thing!** It means you are in the process of making the changes you have wanted all your life!

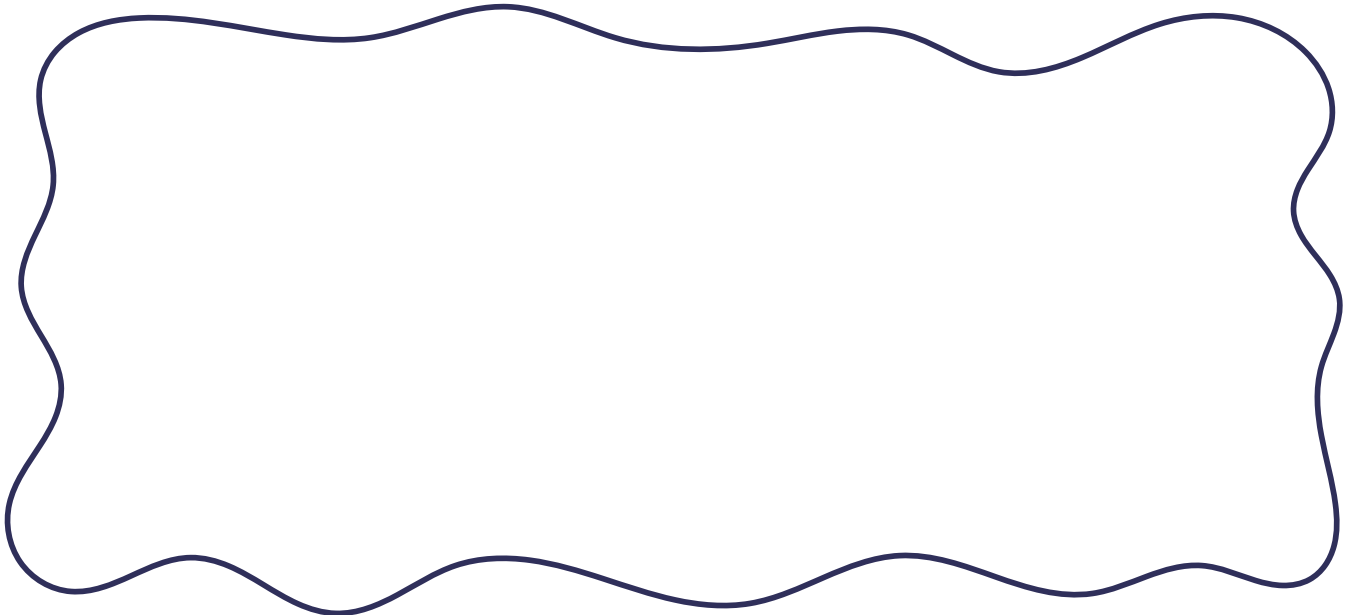


The Keep it Quiet Ghoul



Angel Guardian

Following is a template you can use to draw or create a collage of your Ghouls and Guardians!



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Conversation with your Ghoul



What did the Ghoul say?

Lined area for writing the response to the Ghoul's statement.



What did you say?

Lined area for writing the response to the question.

Two columns of speech bubble outlines for recording the conversation.