

# Inner Critic



**Inner critics use negative self-talk that get us nowhere. It puts defeating thoughts in my head.**

Times my inner critic gets to me:

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**My inner critic does not help and instead ends up making a situation worse.**

My inner critic might say to me:

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**I am in control of who I listen to — the inner coach or inner critic.**

I can use my inner coach to defeat my inner critic by telling it:

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