

Cultivating Self-Kindness Reflection Guide

A companion to help you notice and soften your inner critic

Step 1: Tune In

For the next 24 hours, become aware of your inner voice.

Every time you feel emotional discomfort, pause and ask:

- What did I just say to myself?
- Would I say this to someone I love?

Use the space below to record moments when your **inner critic** showed up.

Situation	What triggered it?	What did your inner critic say?	How did it make you feel?
Example: Missed a deadline	Fear of disappointing my boss	"You're so unreliable."	Embarrassed, defeated

Step 2: Identify Your Critic's Patterns

Check any themes you notice in your inner critic's voice:

- ☐ Perfectionism
 - ☐ Fear of failure
 - ☐ Comparing to others
 - ☐ Self-blame
 - ☐ "Not good enough" stories
 - ☐ Guilt over rest or saying no
 - ☐ Other: _____
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Step 3: Respond With Compassion

Choose **one moment** from the table above.

Now answer with **kindness**:

What would a compassionate friend say to you in that moment?

(Try using your name!)

“ _____ ”

What is one supportive phrase you want to remember next time?

(Examples: “I’m doing my best.” “This is hard, but I’m learning.”)

“ _____ ”



Gentle Reminders



You are not your thoughts.

Thoughts are visitors—some stay too long, some don’t belong.



Kindness isn’t weakness.

It’s what softens shame and builds lasting change.



Awareness is enough for today.

You don’t have to fix it all. Just notice, name, and nurture.



Use this worksheet anytime your inner critic gets loud.

And remember: You’re allowed to speak to yourself with the same kindness you offer others.