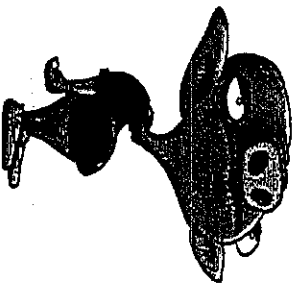
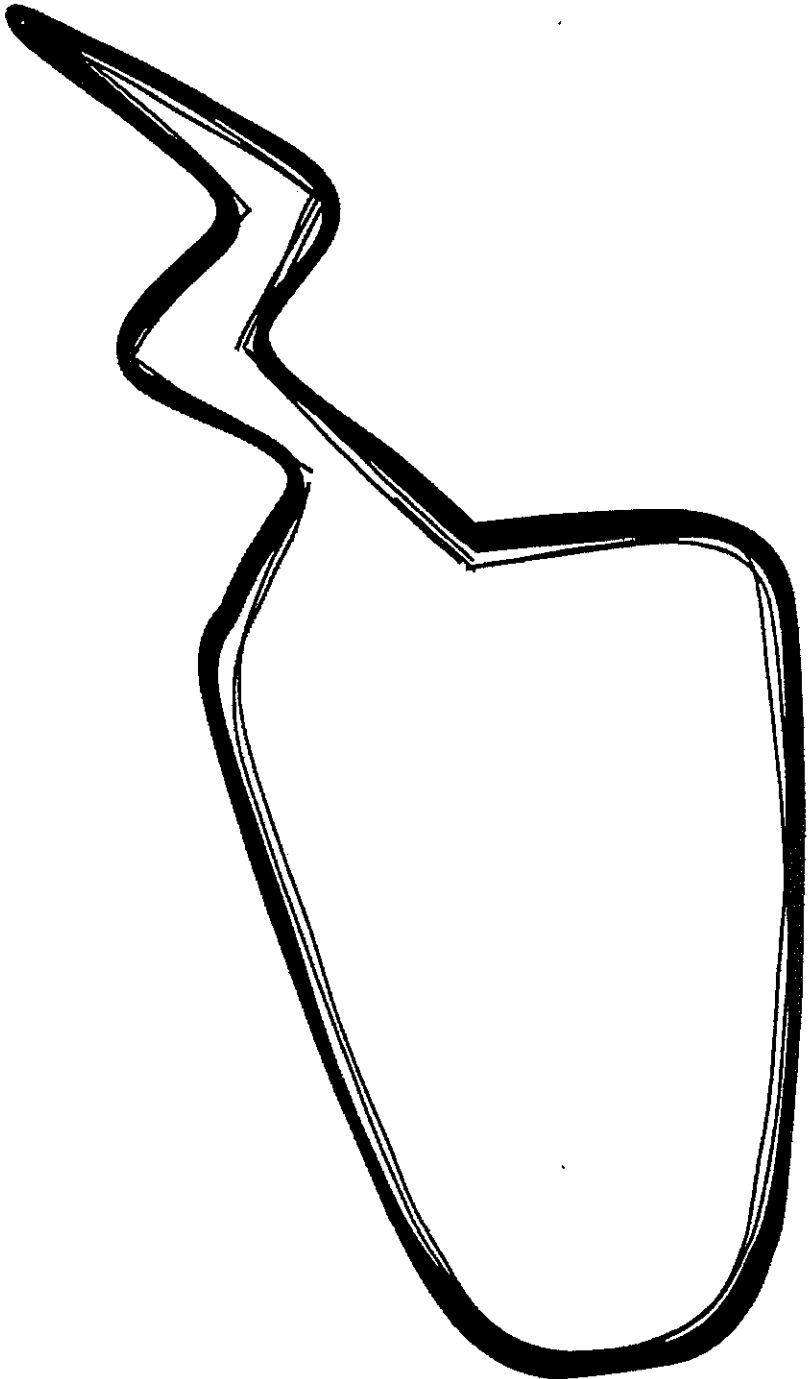


My "Inner Critic"

We often find that the voice in our head (our "inner critic") will say mean things about us. You might notice that it calls you names, puts you down, blames you, doubts you, etc. What does your "inner critic" say to you? Write it in the speech bubble below.



©Copyright 2019 Jessie Drew, LLC www.mygroupguide.com