



I'M NOT ENOUGH

Tools to Challenge the Self Critic

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Changing the relationship with yourself.

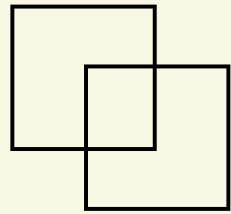
- 1. Redefine mistakes**
- 2. Understand the self-critic**
- 3. Challenge/calm the self-critic**
- 4. Practice self compassion/kindness**

Self-Compassion

Dr. Kristin Neff



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TOOL #1

Two Boxes

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I am so stupid.



A blue square with a purple border. At the top center is a black silhouette of a person. Below the icon, the text "I AM" is written in white, all-caps, sans-serif font. At the bottom center, the word "Human" is written in a large, black, sans-serif font.

A green square with a green border. At the top center is a black circle containing a white heart. Below the icon, the text "I FEEL" is written in white, all-caps, sans-serif font. At the bottom center, the word "Stupid" is written in a large, black, sans-serif font.

I am so stupid.



A blue square with a purple border. At the top center is a black silhouette of a human figure. Below the icon, the text "I AM" is written in white, and "Human" is written in black below it.

A green square with a green border. The text "who is learning" is centered in black.



 **TOOL #2**
Imagine a Friend

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Think of a beloved friend.

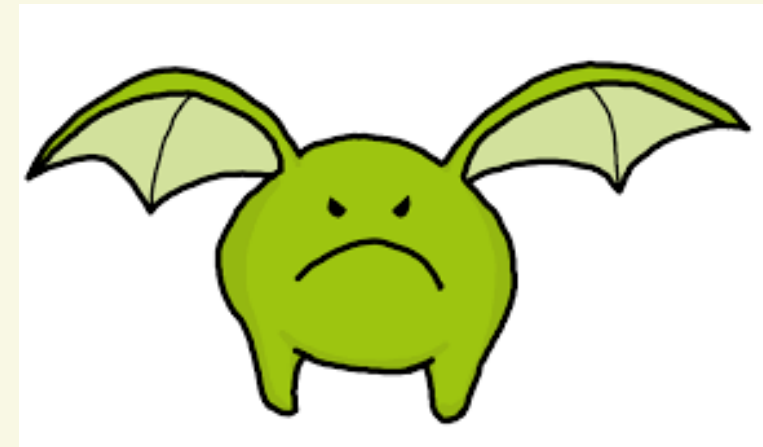
- 1. Imagine the event happened to your friend. What would you say?**
- 2. Now turn it around and apply it to you.**
- 3. Imagine a child. Does that change anything?**

Teaching kids: Critical Critter

It starts small and quiet but the more you listen to it, the bigger and louder it gets. It feeds on negative self-talk.

- 1. Name it** (draw your critter)
- 2. Take the BFF test** (would you say that to a friend? Be your own BFF)
- 3. Talk back to tame your critter**
 - “that’s enough critter, I’m doing my best.”
 - “I can’t listen to you, I’m too busy being amazing me”
 - “Maybe that didn’t go as I hoped, but I’m going to give it another try”
- 4. Shrink your Critter by looking for what you like about yourself.**

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TOOL #3

Rewriting

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Rescripting:

“**Of course** I feel _____” or ““It makes sense....” Then let the Holy Ghost help you understand yourself to fill in the blank.

“I am a human that made a mistake...
is there anything I can learn from this?”



Changing the relationship with yourself.

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- 2. Understand the self-critic**
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