

### A Self-Reflection on the Function of Self-Criticism

What are my greatest fears of getting rid of, or losing, self-criticism?

What does my critic look like?

What does my critic say to me?

What does my critic feel about me?

What does it want to do?

What am I now feeling and thinking about me?

## A Self-Reflection on Compassionate Encouragement and Self-Correction

What are the greatest wishes my compassionate self has for me?

What does my  
compassionate self  
look like?

What does my  
compassionate self say to  
me?

What does my  
compassionate self feel  
about me?

What does it want to do?

What am I now feeling and thinking about me?