JOURNAL PROMPTS FOR SELF-REFLECTION

What are the most common things you hear your inner critic tell you?

How does this type of critical thinking affect how you feel about yourself, and therefore behave and treat yourself?

What are the reasons why you think it’s okay and acceptable to continue thinking about yourself critically? Do you have any resistance to changing your self talk to be more kind, loving and accepting?

Would you ever tell a beloved friend or family member the things you say to yourself?

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Think back over your life. Are there any memories that stand out that support the beliefs you have about yourself? For example, if you think you’re not attractive was there a time when someone told you this or you came to believe this (i.e. no one asked you to the dance, etc.). List as memories as you can for all the beliefs that are stuck in your mind as true about you.

Now, for those same beliefs, try and think of as many examples as you can of memories that suggest the opposite is true! For example, if you believe you’re not attractive, write down the time someone told you that you’re beautiful or looked nice.

Your body is an incredible machine that works tirelessly to keep you alive. Write as many things as you can that you’re thankful for about your body that you tend to take for granted or don’t acknowledge regularly.