

Self criticism eats into our self image and reduces our self confidence.

Here is a powerful exercise that you can use to let go of self criticism.

Use it daily and you will see a huge difference in your way of thinking and ultimately, your confidence and attitude.

Sajith T M

Letting Go

Self Criticism



Critical Thought

"I should..."
"I can't believe..."
"I wish..."
"I'm so stupid"

What triggered this thought?

"I was late to the meeting"
"I forgot to call my mom"
"My friend stood me up"

Physical and Emotional Sensations

How does this thought
make you feel?

Compassionate Thought

What you might say if a
friend expressed this
thought

A year from now

How will you feel about
this event next year?
Will it matter?

Concrete Plan

What action can you
take to prepare for
this in future.

Big picture plan

Imagine a future free
from this thought.
What will you do?

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