

INNER CRITIC PROFILE (example #1)

Name: *Just-in Time Sucker*

Age: *26*

Height: *5'9"*

Weight: *162 lbs*

Hair: *Messy brown*

Eyes: *Brown*

Outfit: *Baggy jeans, faded t-shirt, old high-tops, baseball cap*

Personality: *Laid-back to the point of laziness; apathetic.*

Visits me when: *I need to get things done or I'm about to commit to a creative project.*

Tactics: *Usually shows up when I get home from my day job and I'm feeling a little tired. When I start to think about putting in some time for my artistic career, he waves it off dismissively and pats the couch.*

Loves to say: *"You don't have to do it now. Seriously, no one will notice if you put it off one more day."; "Will it really matter if you watch one more episode of that show? C'mon, it's just ONE hour."*

How he affects me: *Leaves me feeling unfocused and guilty about neglecting my career; makes me unprepared for creative meetings and networking opportunities like industry parties.*

Vulnerability: *Ambition and commitment. He HATES my accountability partner and says she's a killjoy. He also thinks I'm lame for scheduling office hours and stomps off when I keep to them. Whenever I put my career first, he says "Whatever" under his breath and goes looking for someone else to watch TV with.*

INNER CRITIC PROFILE (example #2)

Name: Darlene the Drama Queen

Age: 12

Height: 4'6"

Weight: 98lbs

Hair: Blonde pigtails

Eyes: Hazel/Green

Outfit: Yellow dress w/ white polka dots, brown/white saddle shoes

Attitude: Snotty; know-it-all; a flair for melodrama.

When does she come around? Whenever I have something important to attend to for my career (meetings, auditions, etc).

Favorite sayings: "You're never going to get it right!"; "You might as well give up now!"; "You'll never be good enough!"

Favorite critical tactic: humiliation

Biggest complaint: I'm never good enough; I could have done everything better.

How does she communicate with me? Kinda like Lucy, from Peanuts. She barks orders and bullies me into submission. Her words are always belittling.

Does she have a posse? No. She says that no one meets her standards, but I'm pretty sure it's just that no one else can stand her.

What threatens her? Confidence. If I know that I nailed an audition and won't hear otherwise, she sulks away. It's a little pathetic, actually.