

**Inner Critic**

\* Use a lot of process questions through the coaching i.e.. what are you noticing now? whats coming up for you? what are you becoming aware of? What are you learning so far?

- **What are its favorite things to say?**
  
- **What impact does it have on you?**
  
- **What gender is the voice (if it has one)?**
  
- **What do they look like? Do they remind you of someone? are they a character like miss perfect pants or grumpy school master, a ballet teacher or is it more like an animal?**
  
- **How would you describe their appearance?**
  
- **What are their habits? (ie creating schedules + to do lists, holding on to the past, smoking)**
  
- **What name can we give this inner critic?**
  
- **What are their values?**
  
- **How will you interact with ..... going forwards**