Overcoming Critical Inner Voices

Write down any critical inner voices you have (about yourself, your partner or relationships) on the first half of the page. As you write your thoughts, use the second person or "you" statements.

After you have written your critical inner voices down, come back to each of the thoughts and try to answer them positively. Practice self-compassion in your answers as you respond to your self-attacks rationally and realistically.

Negative Thoughts About Yourself	Compassionate Responses
xample: "You're so stupid."	Example: <i>"Sometimes I struggle with work, but I catch on quickly and do a good job."</i>

Negative Thoughts About Your Partner	Compassionate Responses
Example: "He is so needy.	Example: "It's okay that he wants somethin
It's pathetic."	from me. It's not pathetic."
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Negative Thoughts About Relationship

Example: "Don't be vulnerable. You'll just end up getting hurt."

Compassionate Responses

Example: "I want to be vulnerable and invest in my relationship. It's worth it to me, even if I do end up getting hurt."