

Ways to Recognize the Inner Critic

Repetitive,
unhelpful
thoughts

Says something
mean about you &
then shames you for
having that mean
thought!

The voice of
"you aren't
ready yet"

Ostensibly,
the voice
of reason

Binary,
either/or
thinking

Voice of
"you aren't good at
math/negotiating/
technical stuff"

Irrational
but
persistent

Harsh,
rude,
mean

It plays
automatically

May take
inspiration from
critical people in
your life



The voice of
body -
perfectionism

For more, visit taramohr.com or see the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead* (Penguin Random House).

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