



## Mindset Musing #1: Inner Critic Trigger Log

To learn who your key inner critic voices are, it's important to build awareness on what triggers your inner critic thinking (e.g., a particular person, group of people or a situation). For a minimum of two weeks, use the following log to document what triggers a self-sabotaging or judging thought. At the end of two weeks, review your log and summarize any key insights or patterns.

Date	Situation	Feeling/Thought/Belief	Response/Behavior
<p>You may want to include the time of day to learn if your inner critic is triggered at certain times of the day as well as certain days of the week.</p>	<p><u>Work Example</u> My boss just gave me feedback on a project and all I heard was criticism</p> <p><u>Home Example</u> Come home from a long day at work and the kids' chores and homework are not complete, the house is a mess and your family is asking, "What's for dinner?"</p>	<p><u>Work Example</u> Feeling embarrassed. Thinking, "I'm not living up to my boss's expectations; I'm not good enough."</p> <p><u>Home Example</u> Feeling frustrated and resentful. Thinking, "Why do I have to do everything," "I'm not doing enough," or "I'm not perfect."</p>	<p><u>Work Example</u> Share dissatisfaction and speak negatively about boss with a colleague; act short-tempered.</p> <p><u>Home Example</u> Overcompensate and act as a martyr by doing the chores and preparing a meal. Speak with family in a critical manner and/or act short-tempered.</p>

### Summary of Key Insights or Patterns

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Contact Marcie at 708.373.9613 for assistance with this exercise.

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