

Let's take some time to examine the inner critic.

<b>How does your inner critic behave?</b>	<b>What does it tell you about what is going on?</b>
When is your inner critic most active?	
What kind of things does it say to you?	
What tone of voice does it use?	
Does it remind you of anyone that you know now, or from your past?	
How does it make you feel?	
How do you respond to it?	