

**Figure 24. Lin's Self-critical Thoughts**

<b>Self-critical thoughts</b>	<b>Alternatives</b>
I'm never going to finish this.	Take things one thing at a time. You're doing fine. Focus on what you have accomplished, not on what you've still got to do. And give yourself credit for what you have done, even if you don't achieve everything.
This is not worth doing.	You always think that, until someone tells you what you've done is OK. Never mind what other people think – those colours are great. And this painting is a real voyage of discovery for you – whether other people think it was worthwhile or not.
So I got out of bed. So what?	So good for me. I was really exhausted. I could have slobbered around all day, and I didn't.
I shouldn't be taking the evening off. I haven't done enough.	Doing things I enjoy helps me feel better about myself and then I relax and think more creatively. If I drive myself non-stop and rush at things like a bull in a china shop, I'll grind to a halt in the end. I know from experience that I get more done when I give myself time off than when I plough on regardless.