

# Overcoming Self-Criticism

"Don't believe everything you hear!"

Have you ever felt mad at yourself for something you have done or said?

What are some of the negative thoughts you have about yourself? what do you not like about yourself? *In what way do you sometimes feel inadequate?*

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## Past Criticisms:

Did someone in the past ever criticize you and make those comments? *If so, who and what did they say?*

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What is that person who criticized you insecure about? What is his/her story? What are their insecurities and fears?

*Many times, people project their insecurities onto others. Their insecurities show up as criticisms of you.*

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