Room2 Counselling

The inner critic

Finding a kinder way to speak to yourself

The inner critic is a name for harsh, self-critical thoughts. It can sound convincing, but it does not give the whole picture of who you are.

What it can look like

> **Harsh self-judgement**
> After a setback, you may judge your whole self rather than one situation or action.

> **Impossible standards**
> You may overlook what went well and focus on anything that fell short.

How you might feel

Self-criticism can leave you feeling anxious, ashamed or discouraged. A kinder response can acknowledge difficulty without attacking your worth.

What may help

- Notice the exact words you are saying to yourself.
- Ask what you would say to a friend in the same situation.
- Try a fairer response that recognises effort and what you can learn.

You can learn without putting yourself down.

NHS | Raising low self-esteem
NHS Talking Therapies | Self-criticism and compassion

General information, not a diagnosis or individual treatment advice.