

Quieting Your Inner Critic: A 5-Day Self-Compassion Challenge

Small daily steps to recognize, soften, and reframe your inner critic.

Introduction

Many of us carry an inner voice that's quick to criticize, doubt, or shame us—often without even realizing it. We repeat its words in our heads. We shrink ourselves. We hesitate, second-guess, or overcompensate. Not because we want to—but because, at some point, listening to that voice felt like protection.

This 5-day printable guide was created for those quiet moments when you wonder: **“Why am I so hard on myself?”**

Day 1: Spot the Inner Critic

- **Task:**
Notice and write down 3 negative or critical thoughts you had about yourself today.
- **Reflective Questions:**
 - Whose voice does this sound like?
 - Is this really *my* belief or something I learned to believe?

Day 2: Challenge the Voice

- **Task:**
Choose one critical thought. Write down 2 alternative, kinder responses.
- **Reflective Questions:**
 - What evidence do I have that this thought is 100% true?
 - What would I say to a friend feeling this way?

Day 3: Self-Compassion Pause

- **Task:**
When harsh thoughts arise, place your hand over your heart and silently say:
“It’s okay to feel this way. I’m human.”
- **Reflective Questions:**
 - What feeling is hiding underneath the critical thought? (Fear? Shame? Sadness?)
 - What do I need to hear right now to feel safe or understood?

Day 4: Celebrate Small Wins

- **Task:**
Write down 3 small things you did well today. Let yourself feel the accomplishment.
 - **Reflective Questions:**
 - Why is it hard for me to acknowledge my progress?
 - Who taught me that I must always do more to be 'enough'?
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Day 5: Reframe Mistakes as Learning

- **Task:**
Think of a past mistake you keep revisiting. Write what it taught you or how you grew from it.
 - **Reflective Questions:**
 - Am I punishing myself to avoid future pain, or to meet someone else's expectations?
 - What would change in my life if I saw mistakes as teachers, not failures?
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Final Reflection

"Your inner critic is not your enemy. It's an outdated survival voice. You're allowed to outgrow it."

I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth matters.

Have a question or want to share your reflections with me?

I'd love to hear from you! Just send a message to: info@andressamartinspsychotherapy.com

Want more free resources like this? Visit www.andressamartinspsychotherapy.com for more tools to support your journey of emotional well-being and self-discovery.

With warmth,

Andressa