

Quiet the Inner Critic



The words you say to yourself matter. When the harsh words begin, take a moment to pause and be kinder to yourself – as if you were talking to a friend.

Instead of...	Try...
I don't know what I'm doing. This is too difficult.	I can do hard things. I can learn. I can try again.
I'm scared.	I've made it this far and I am capable of facing the challenge.
I'm not good enough.	I am good enough and I trust myself to succeed.
I need to do this perfectly.	Progress and growth over perfection. Let's take it one step at a time.
I made another mistake. Why am I like this?	I'm only human and humans make mistakes. What can I learn from this?
I'm worthless.	I am deserving of love, peace and happiness. Just like everyone else. I owe it to myself to keep going.



5-4-3-2-1

Grounding Practice

Use this practice to ground yourself in the present moment. This can be helpful when you're feeling overwhelmed, anxious or stressed.



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



THIS IS A



SAFE SPACE



be kind



to your mind

