

# The Inner Critic

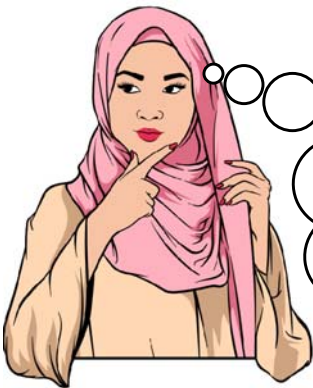
Explain the errors in this thinking and provide advice for each situation. Provide positive affirmation statements for each thought.



You can't do that.  
You're not good  
enough to. Why would  
you even consider it?



I hate the way I look,  
my chin is too long, my  
hair is always shaggy  
and I'm too fat.



What'd ya say that  
for? That was just plain  
stupid! Don't you ever  
think first? Such a tool.



They won't like me, I'm  
too weird, I never know  
how to act or what to  
say. I'm such an idiot!