

The Inner Critic

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



I can't do this, I'm not smart enough, I always fail at everything I do.



Why'd I just say that, what a jerk I was. I never think before I speak. What a loser!



I'm so stupid, what a knucklehead I can be.



I'm lousy at sports. I play like a 2 year old. I have crappy coordination.