

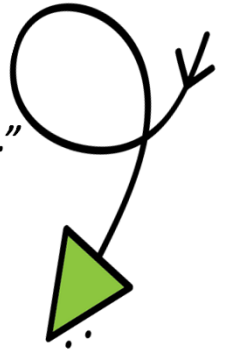
# Inner Critic Statements and Turn it Around Statements:

Be honest with your turn it around statements, for instance:

*"You're an idiot, you can't do this." to "I'll give it my best, that much I can do."*

*"You're such a loser." to "I'm worthy, I'll deep breathe and give it my best"*

You will need to practice this regularly to train your brain to turn it around.



Inner Critic Statements:	Turn it Around Statements