

# Explore Your Inner Critic

Name your inner critic: \_\_\_\_\_

What does your Inner Critic say to you about your weight loss goals or other areas of your life where you feel stuck?

What's your "stop command"? How will you interrupt your Inner Critic when he/she is talking to you?

What is your Inner Critic's motivation? What are they trying to protect you from? What are they afraid of? What exactly are they trying to tell you?