Inner Critic Fact Check

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character thinks one error proves they are incapable.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Separate useful feedback from global self-condemnation.

3. What feedback can be used without the insult?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.