

FUNSHEET 5 WAYS TO STOP SELF CRITICISM



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WRITE**
WITH ADITI SURANA

IVM
PODCASTS

5 WAYS TO STOP CRITICISING YOURSELF

First thing first, do you hear a **nagging voice inside your head**? Yes or No

Our **inner critic** shows up one fine day. - *True or false.*

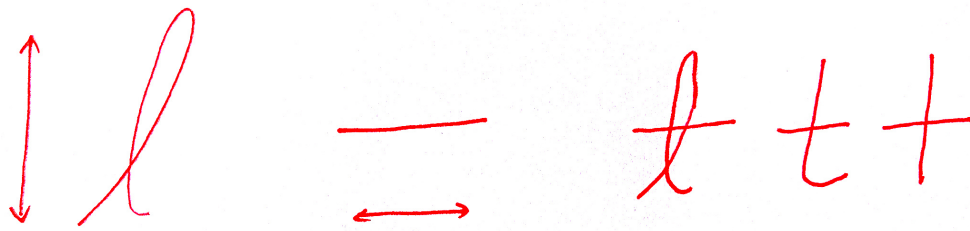
Your _____ is the most **influential and important** conversation you will ever have.

When you turn **against yourself** the problem grows multifold. *True or false*

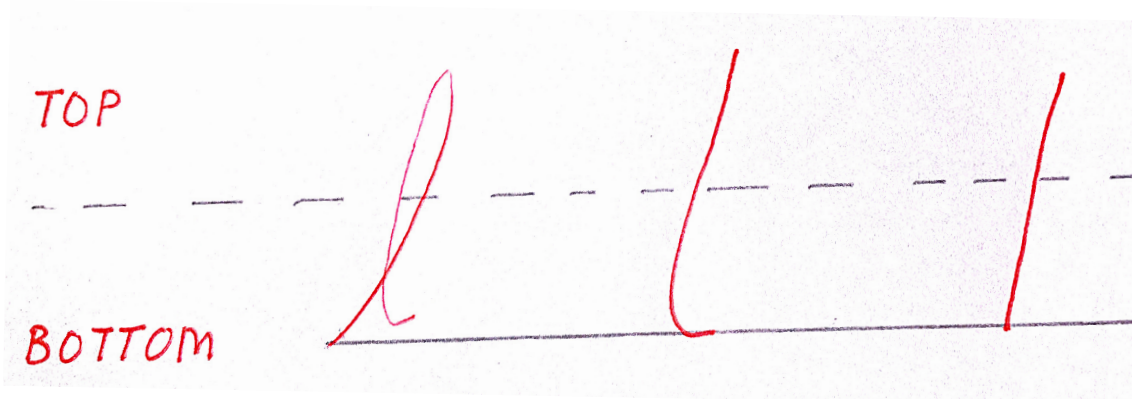
Graphology speaks:

Take a moment to pull out your notebook, diary or any notepad where you have already written something or if that is not handy then write 8-10 lines.

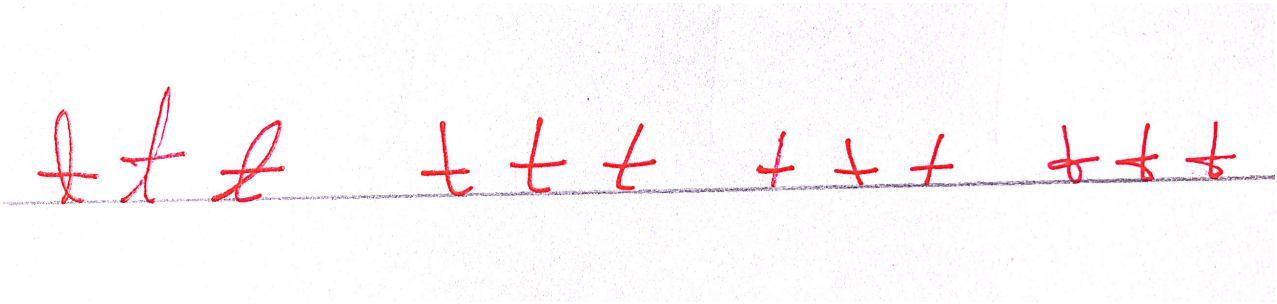
Now look for the **lowercase t**. As you will observe closely, you will know that this letter has two parts: a vertical line and a horizontal line.



Now look at the vertical line and **divide it into two halves**. Top half and bottom half.



If the **horizontal line is placed in the bottom half** then that is a sign of self doubt.



In case you write the letter 't' in multiple styles - Pick any 5 of them and find an average.

Let's look at how to deal with it?

1. The inner monsters -

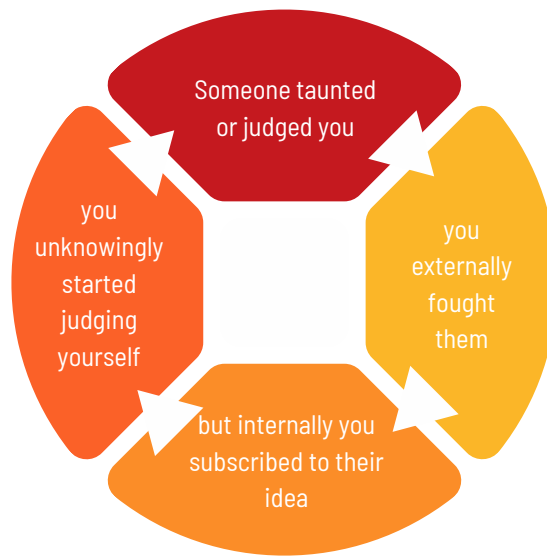
There are no inner monsters - It's all _____.

The very moment you **take responsibility** for that critical voice, you won't feel helpless. Do you **blame other people** for your self-critical thoughts? *Yes or no.*

If yes, then describe some moments when you actually did that.

Personality is a)_____ of all the choices we make - knowingly and unknowingly.

2. The self doubt cycle -



Catch yourself in the middle of this cycle. Trace your patterns.
Think of 3 examples:

1.

2.

3.

5. Gather objective evidence -

I know we are discussing an emotional journey here, but objectively gathering evidence is crucial. A statement like - *I am a horrible person* - can't be left unattended. A habit of calling yourself *stupid, dumbo, duffer*, or even thinking like this as a joke needs some correction. This internal commentary is **directly or indirectly shaping our self dialogue.**

Think of a self sabotaging episode:

Parts that were factual	Parts that were imaginary



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Happy writing!