



From Fat to Thin Thinking



THE MIND SKILLS: SKILL 8 – THE INNER CRITIC

‘PUT THE CRITIC BACK IN THE BACK-SEAT’ EXERCISE

Complete this imagining process to wrest control from your Inner Critic. (I will use Sara’s process as an example.)

If your Inner Critic were a character in a movie, who would they be? Or choose someone from your life that you don’t like to play the part? (Sara chose the diet doctor to be her Inner Critic.)

What does your Inner Critic look like? (Sara’s critic is a 67-year-old man. He’s 5’5” inches tall and wears thick glasses and a white doctor’s jacket)

What is a negative phrase that your Inner Critic tells you? (Sara’s phrase for this exercise was “You have no self-control.”)

Now close your eyes and imagine your Inner Critic saying your phrase in a silly voice like Donald Duck or Sponge Bob Square Pants. Thank your Inner Critic for his opinion and tell him to take nap. Put him to sleep in a tiny box far back of your mind.

