

simplylovable

Outwit
THE CRITIC
WORKBOOK



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About Me

My name is LaMora, and I'm a Licensed Clinical Social Worker, Relationship Revitalizer, Speaker, Consultant, Business and Life Coach, and Founder/CEO of The Healing Crest™ Counseling Services, where I teach individuals and couples how to build a healthy, loving relationship with themselves and one another.

I am also the CEO and Author and Creator of Simply Lovable™, created to help women drown out their inner critic, break free from the shackles of self-doubt, reclaim their personal power, and cultivate an attitude of self-acceptance.

As an entrepreneur who had to overcome crippling self-doubt to succeed, I quickly discovered that it takes more than a degree and credentials to build a thriving and fulfilling business. Through the use of positive self-talk and visualization, I've mastered the art of helping men and women heal, discover their self-worth, and learn how to honor, value and respect themselves.



Inner critic

V.S. **INNER COUNSEL**

inner critic

EXAMPLES:

“ You are a failure, and you will never achieve anything in your life. Nobody likes you, which is why you don't have any friends.”

It may constantly draw attention to our perceived faults and shortcomings.

inner counsel

SOUNDS LIKE:

“ I matter and I am enough. Mistakes are lessons to help me learn. I will try my best. I am unique and awesome. It's okay to ask for help. I will get through this. I can always improve. I am enough.”

THE ROLE OF YOUR INNER CRITIC:

Your “Inner Critic” is the *negative self-talk* that is more likely to come out if you've made a mistake or working on something that you feel is difficult.

THE ROLE OF YOUR INNER COUNSEL:

Your “Inner Counsel” refers to the *positive self-talk* that you have with yourself, more likely to come out when you are succeeding.



MY LIMITING *beliefs*

*In the midst of the clouds, identify your limiting beliefs.
You can record the limited beliefs in any manner you want.*

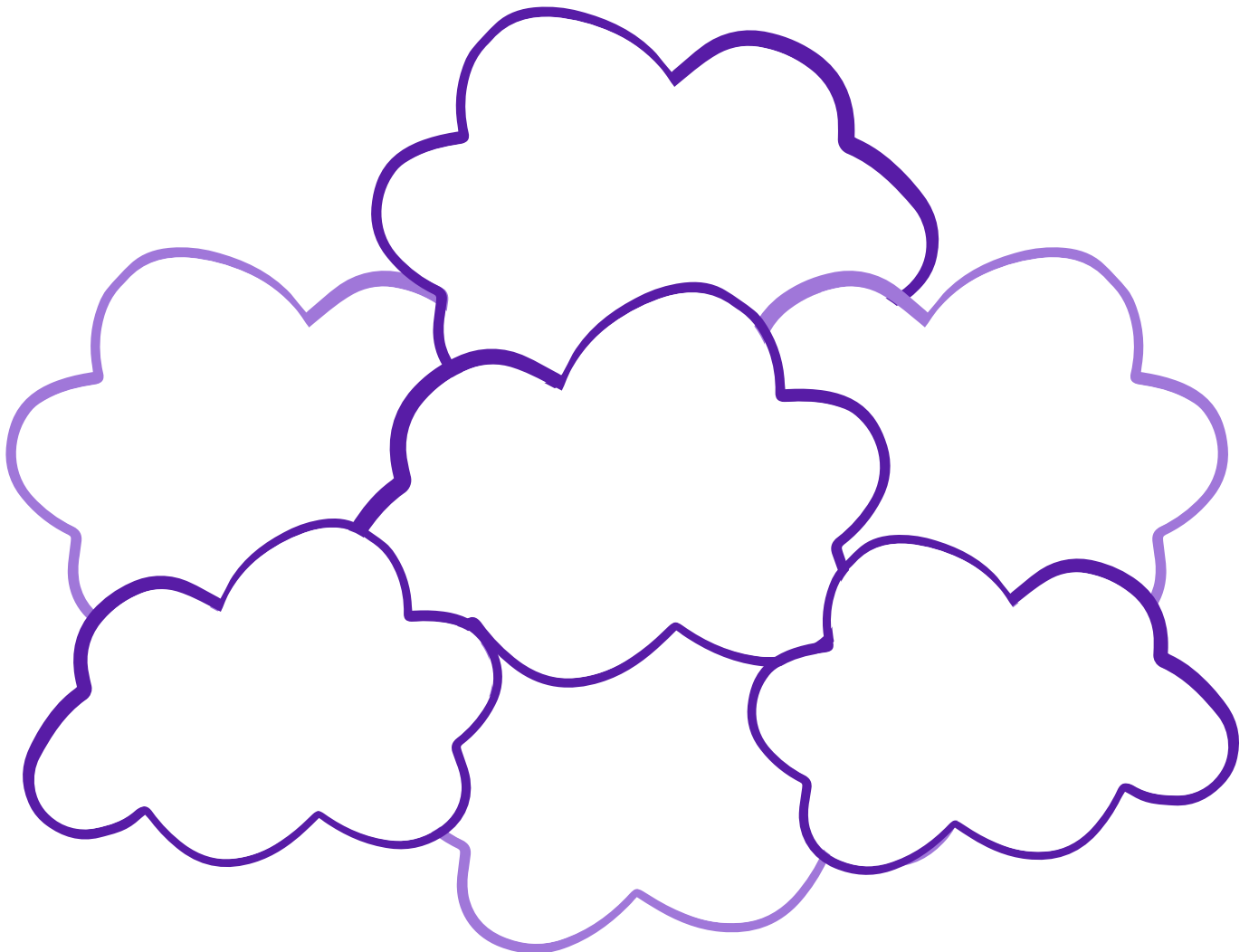


Positive self-talk

Positive self-reflection is a conversation with yourself (it is called "inner talk") that makes you feel good about yourself and everything going on in your life. Whenever you are thinking optimistically about yourself, it can help reduce anxiety and depression.

WHAT CAN YOU SAY TO YOURSELF ON A DAILY BASIS TO INCREASE YOUR SELF-ESTEEM AND BUILD YOUR CONFIDENCE?

LIST THE POSITIVE AFFIRMATIONS BELOW.





SELF LIMITING BELIEFS

prompts

ARE YOUR LIMITING BELIEFS TRUE?

HOW DO THESE LIMITING BELIEFS EFFECT YOUR LIFE?

HOW DO YOU EMOTIONALLY/PHYSICALLY REACT TO THESE BELIEFS?

HOW HAVE THESE LIMITING BELIEFS INFLUENCED YOUR DECISIONS?

WHERE DID THESE LIMITING BELIEFS ORIGINATE FROM?

AS A CHILD, WHAT WERE YOU TOLD THAT YOU "COULDN'T" OR "SHOULDN'T" DO?

IMAGINE LETTING GO OF THESE LIMITING BELIEFS.. HOW DO YOU FEEL? WHAT WOULD YOU BE DOING IN LIFE?

WHAT WOULD YOUR LIFE LOOK LIKE IN 5, 10 YEARS IF YOUR LIMITING BELIEFS DON'T CHANGE?

Limiting Beliefs

IDENTIFY CURRENT BELIEFS THAT ARE HOLDING YOU BACK, THEN IDENTIFY A POSITIVE ALTERNATIVE TO CREATE A MORE PRODUCTIVE BELIEF.

For example, you may have learned when you were a child, that "money doesn't grow on trees". While it's true that money don't grow on trees, a more productive way of thinking would be, "I will be compensated for the value of the services that I provide to others; the more value I provide, the more I receive."

current belief:

positive alternative:

current belief:

positive alternative:

current belief:

positive alternative:



ANTs:

AUTOMATIC NEGATIVE THOUGHTS

Our thoughts can be positive, negative, or neutral. However, it's important to pay closer attention to the negative thoughts because they are often false and can leave us feeling emotions such as guilt or shame. This is what we refer to as "automatic negative thoughts" (ANTs) because they occur automatically, or without being noticed by us.

IDENTIFY YOUR ANT'S BY LISTING THEM BELOW!

Example of a few common ANT's:

I am not good at anything; I am not as attractive as the other women.



POSITIVE MINDSET-SHIFT

Cheatsheet

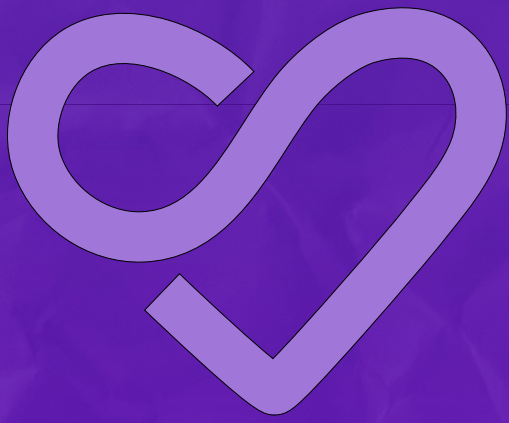
Throughout your day you can eliminate self-doubt and change your negative thinking with the mindset-shifting questions listed below. This will give you more courage + confidence to pursue your goals.

ON THE LEFT SIDE OF THE WORKSHEET, WRITE DOWN NEGATIVE THOUGHTS YOU HAVE DURING THE DAY:



YOU CAN NEUTRALISE EACH NEGATIVE THOUGHT BY ASKING THESE 6 QUESTIONS:

- Where did this thought come from?
- Is this thought 100% true? If not, why?
- List the evidence you have to support this thought being 100% untrue
- If your child/best friend tells you he/she has this negative thought, what would you tell her?
- What actions can you take to change this negative thought?
- How can you show yourself more self-love?



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