

Changing Your Thinking Worksheet

The Pathological critic is a term coined by psychologists Eugene Sagan to describe the negative inner voice that attacks and judge you. Most people have a critical inner voice. But people with low self-esteem tend to have a more vicious and vocal pathological critic.

1. What is the general pattern of what your inner critic says to you? Is there a schema that you identified from the list of schemas?

2. What I will say when the inner critic attacks? What will be my counterattack? Is there any real evidence or basis of truth as to what the critic is saying?

3. What are some new statements I can say to myself that are true and based on God's Word? _____

4. What tools and strategies will I use to regularly rehearse what is true? Is there a passage in the Bible that reinforces these truths?

5. How will I live my life differently now that I know the truth? What can I now achieve? How will I now practically live and walk in the truth? What low level risk(s) can I take?

John 8:32 NIV

"Then you will know the truth, and the truth will set you free."