



## Therapy Unit 10: Self-Esteem

### Worksheet 10.4. Strengthening the benevolent companion

Typical situation in which the inner critic appears (e.g., when I forgot about an appointment):

What does the inner critic typically say (e.g. "You really can't get your life together!")?

What could the inner benevolent companion say about this in return? Does that change the feeling? (e.g. "This can happen to anyone. And you really are very busy at the moment. On the positive side, you took care of it right away and made sure you caught up on it – even though you were busy with other things!")