

KALYANI *speaks*

INNER CRITIC WORKSHEET

- On a scale of 1 to 10 (1 = not at all, 10 = all the time), to what extent do you say harsh words to yourself/are mean to yourself? Circle your answer:

1 2 3 4 5 6 7 8 9 10

- What are you hoping to achieve by speaking harshly to yourself/being mean to yourself?

- Where do you think the voice of this inner critic came from (remember, you weren't born being mean to yourself)?

- Response to what others say/believe about you. Eg childhood experiences from parents, caregivers, teachers and peers.
- Societal/cultural pressure.
- Past trauma including bullying and abuse.
- Replicating the behaviour of a role model adult without questioning whether that behaviour is healthy or not.
- Defense mechanism protecting you from potential failures or disappointments by discouraging you from taking risks.
- Other:

HOW TO COMBAT THE INNER CRITIC

IDENTIFY AND REHEARSE TRIGGERS

- Identify your triggers. What triggers this behaviour in you?
- Choose an alternate response when you are triggered (instead of being mean to yourself):
 - Journal answers to the questions below.
 - Ask for help: get someone you trust to ask you these questions and answer out aloud so your unconscious brain recognises that you want to change this behaviour pattern and will energize you towards the new pattern.

NEGATIVE AUTOMATIC THOUGHT

1. What is my negative automatic thought?
2. Can I prove that this thought is true 100% of the time?
3. Is this thought leading to healthy feelings and behaviours?
4. How am I likely to feel and act if I continue to think this way?
5. What evidence can I find against this thought?
6. Would I encourage a friend to think this way?

CHALLENGING BELIEFS

1. What evidence supports this belief being true?
2. What evidence from my life goes against this belief being true?
3. Is this belief just a habit I've gotten into or does evidence support it?
4. Is this belief true for 100% of the time in my life?

5. Has this belief worked for or against me in my life?

6. Does this belief help me or restrict me in life?

7. Did I choose this belief or was it influenced by friends, family or even teachers?

8. Is this a belief I want to hold on to or is it time to change it?

If you are interested in more on this subject take a look at these courses along with other services I provide.

OTHER SERVICES I OFFER

UNBULLIED: BREAKING THE CYCLE - CONQUERING SELF-BULLYING SIX WEEK COURSE ON SELF-BULLYING INTERVENTION (90 MINUTES PER WEEK).

The focus of this course is teaching you *how* to think so that you are in charge of your thoughts, feelings and emotions.

Lesson 1: How the brain works, picture and processing perspectives. Communication guidelines (teaching you how to communicate so you don't trigger others).

Lesson 2: Uniqueness - Your Intangible Drivers. The WHY and HOW of who you are and being your unique self while removing all barriers to this.

Lesson 3: The 320 Thought process (called *dysregulation* in psychology. This class addresses *anger issues*). What happens in the brain, how to recognise the signs and Dissolve this.

Lesson 4: The 160 Thought process (called *regulation* in psychology. This class addresses *depression and addiction*). Explaining the science of what happens in the brain, signs to look out for and exercises to Dissolve this.

Lesson 5: The 80 and The 10 Thought processes (called *self-regulation* in psychology. This class addresses *anxiety* and getting into the Flow thought process). Explaining what happens in

the brain when one is experiencing anxiety. Learning how to toggle between Focus and Flow - addressing the science of how the brain works in these two Thought processes and how to deliberately be in Flow.

Lesson 6: Self-bullying and self-esteem. Looking at the ways in which we bully ourselves (personas, Thought processes and Uniqueness), where this behaviour comes from and how to Dissolve this AND build our self-esteem.

UNIQUENESS WORKSHOP (2 HOUR WORKSHOP)

- Understanding who you really are - the difference between your intentions and your behaviour.
- Removing barriers to being your true self.
- Ways in which you are vulnerable to bullying yourself because of your uniqueness.
- How to leverage your uniqueness to gain energy throughout your day.
- For the work environment: how to leverage yours and each other's Uniqueness to energize all involved and prevent burnout.

SELF-BULLYING WORKSHOP (2 HOUR WORKSHOP)

- Self-bullying personas
- Understanding where this behaviour comes from
- Why are we unaware of these behaviours?
- What self-bullying looks like at the 4 different thought processes.
- Understanding your Uniqueness and identifying self-bullying that is unique to you
- Dissolving self-bullying
- Building confidence in your uniqueness: self-esteem

KEYNOTE SPEAKING (A SAMPLE OF MY AREAS OF EXPERTISE BUT NOT LIMITED TO THIS LIST):

- Self-bullying and how to dissolve it
- Why solving bullying is probably only making it worse
- Why “fitting in” drains your energy
- Repairing guilt
- Is what we are feeling really guilt?
- Uniqueness
- How our brains work - thought processes
- The real cause of depression and how to Dissolve it
- Why we feel unsettled
- Dissolve - the only approach to addressing any problem
- Identifying steps one and two so that your steps three to ten work every time.

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