Talking back to *the inner critic.*

Many neurodivergent people carry a harsh inner voice built from years of being corrected. That voice isn't the truth about you — it's an echo. You can practice answering it the way a kind friend would.

How to use it: read each row left to right. Write down what the critic says, where you first heard it, then a kinder reply.

THE CRITIC SAYS…	WHERE I LEARNED IT	WHAT A KIND FRIEND WOULD SAY
EXAMPLE *"You're so lazy."*	*Teachers, report cards*	*"Starting is hard for my brain. I'm doing my best with a tough system."*

GIVE YOUR CRITIC A NAME
A silly name can shrink it down to size.

WHAT IS IT TRYING TO PROTECT ME FROM?
Critics often mean well, even when they're harsh.

♡ A kinder sentence I'll practice this week

REFLECT *How does my body feel when I read the kind version?*