Rewiring Your Inner Critic

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Notice recurring self-critical thoughts and practice a more supportive response.

What this guide covers

- Map situations that trigger self-doubt.
- Recall past progress and strengths.
- Try a short notice-and-redirect exercise.

Who this is for

For readers exploring reflective self-talk practices.

Putting the ideas to use

Use the prompts for self-reflection, not as a substitute for professional care.

Book details

Format: Guide. Pages: 29. Words: 3847.

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