



What Is Your Inner Critic Keeping You From?

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. The inner critic often speaks loudly, but it rarely tells the whole story. For each message your critic sends, name the truth beneath it—and then what you **really want or need**. Bringing these side by side helps you respond with honesty rather than fear.

My Inner Critic Says	The Truth Is	What I Really Want / Need Is

“We all want the freedom to be ourselves, yet we are most afraid of being ourselves.”

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