

“Critic Catcher” Instructions

1.) The first step is to identify any self-criticism, and to write down exactly what you are experiencing.

2.) THOUGHTS SECTION- In this section, try to CHALLENGE yourself and choose which ROLF filter relates to you and makes you believe that the self-critique is true.

NEEDS SECTION- What is the “real” meaning behind this negative critique? What can you say about your negative critique in a positive way?

TONE SECTION- how did you feel when saying your negative critique out loud? Did you have a tone in your voice? (Angry, annoyed, etc).

3.) Final step: Re-frame your negative critique into a positive message.

Example of a negative critique:

“I cannot do anything. I am not good at soccer, and I fail at playing every time.)

Reframe by stating the following:

“I can improve on my areas that’s I struggle. I can keep trying, and not give up.”