

What if your critic is trying to protect you?

*"The critic within is often a wounded guardian.
Listen with compassion, not fear."*

As you move through these reflections, remember that your inner critic is often a guardian that learned to protect you long ago. Approach each question with curiosity, patience, and kindness toward yourself. You're not necessarily searching for answers — only understanding, presence, and peace.

- What part of me grows quiet when I'm being self-critical?

Handwriting practice lines for the first question. The lines are dashed and green. On the right side, there are three black dots and a small arrow pointing upwards.

- What is this inner voice trying to help me avoid or protect me from?

Handwriting practice lines for the second question. The lines are dashed and green.

- How might I show gratitude for its effort — even if its methods are harsh?

Handwriting practice lines for the third question. The lines are dashed and green. On the right side, there is a decorative vertical line with a lotus flower and a mandala symbol.

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- What truth about my strength or tenderness wants to be seen beneath the criticism?

Handwriting practice lines for the first question.



- When I soften toward myself, what changes in how I feel or respond?

Handwriting practice lines for the second question.

- What would compassion like to whisper to the part of me that is afraid?

Handwriting practice lines for the third question.

