

PREPARATION PHASE

Action-Able Exercise P6:

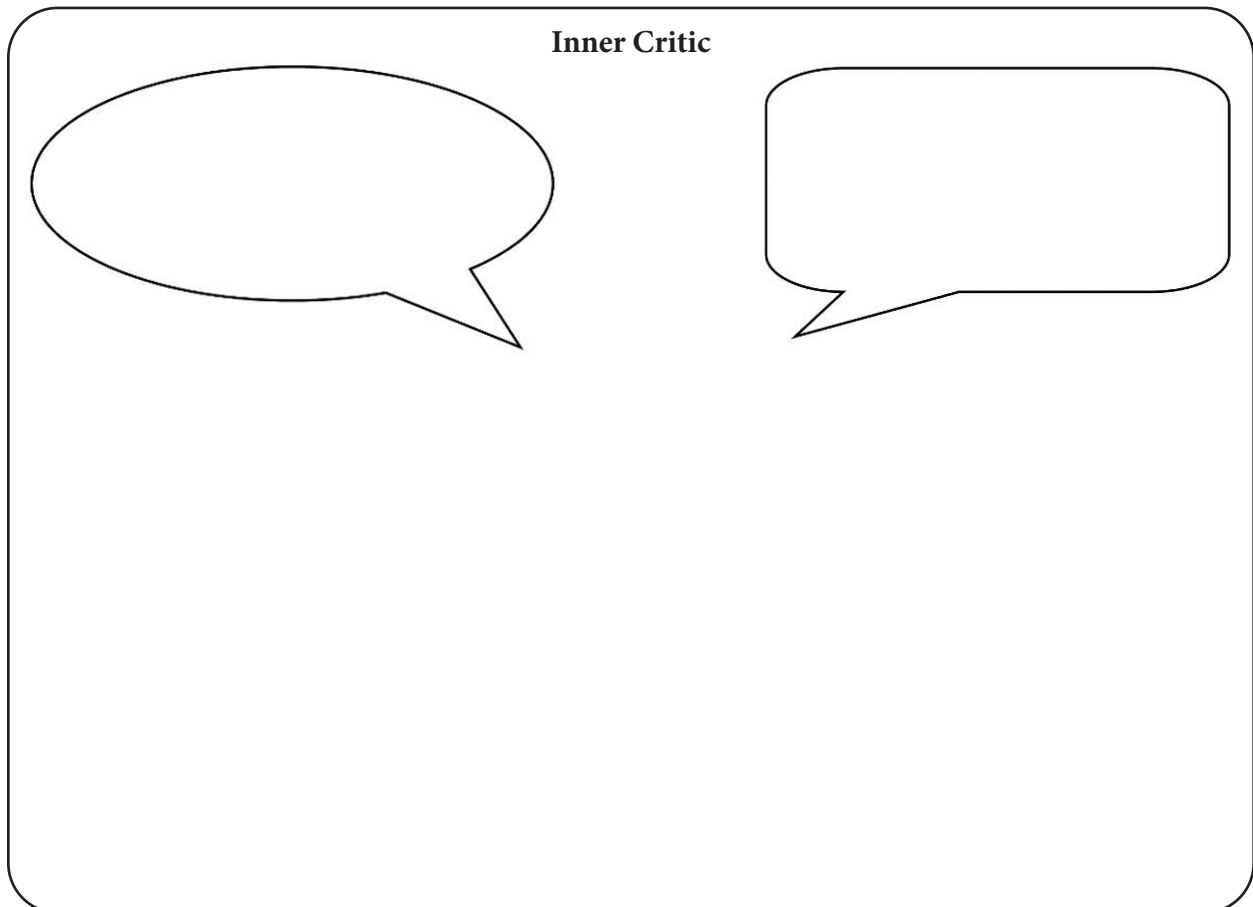
See your KInD Coach and Inner Critic

Create images of your KInD Coach and Inner Critic. The goal is to externalize these parts of yourself so you can *see* them.

You might do a simple sketch or drawing. If your Inner Critic picks at your artistic abilities, briefly notice this judgmental chatter and come back to your drawing. This exercise is not about creating artistic masterpieces. If writing is more comfortable for you than drawing, write a very detailed visual description of these parts so you can clearly see them in your mind's eye. Another option is to Google key words that describe these parts to find images online. For example, if the Inner Critic is a judge, search online to find judge images and pick one with a scowling expression. If the image doesn't have a gavel, cut and paste one onto the image. Collage the details you imagine together into an image that helps you see your Inner Critic clearly.

What does your Inner Critic look like? What are her/his identifying features? Use the speech bubbles to show what the Inner Critic says. Create a vivid image by drawing, writing or finding online images so you see the Inner Critic.

Inner Critic



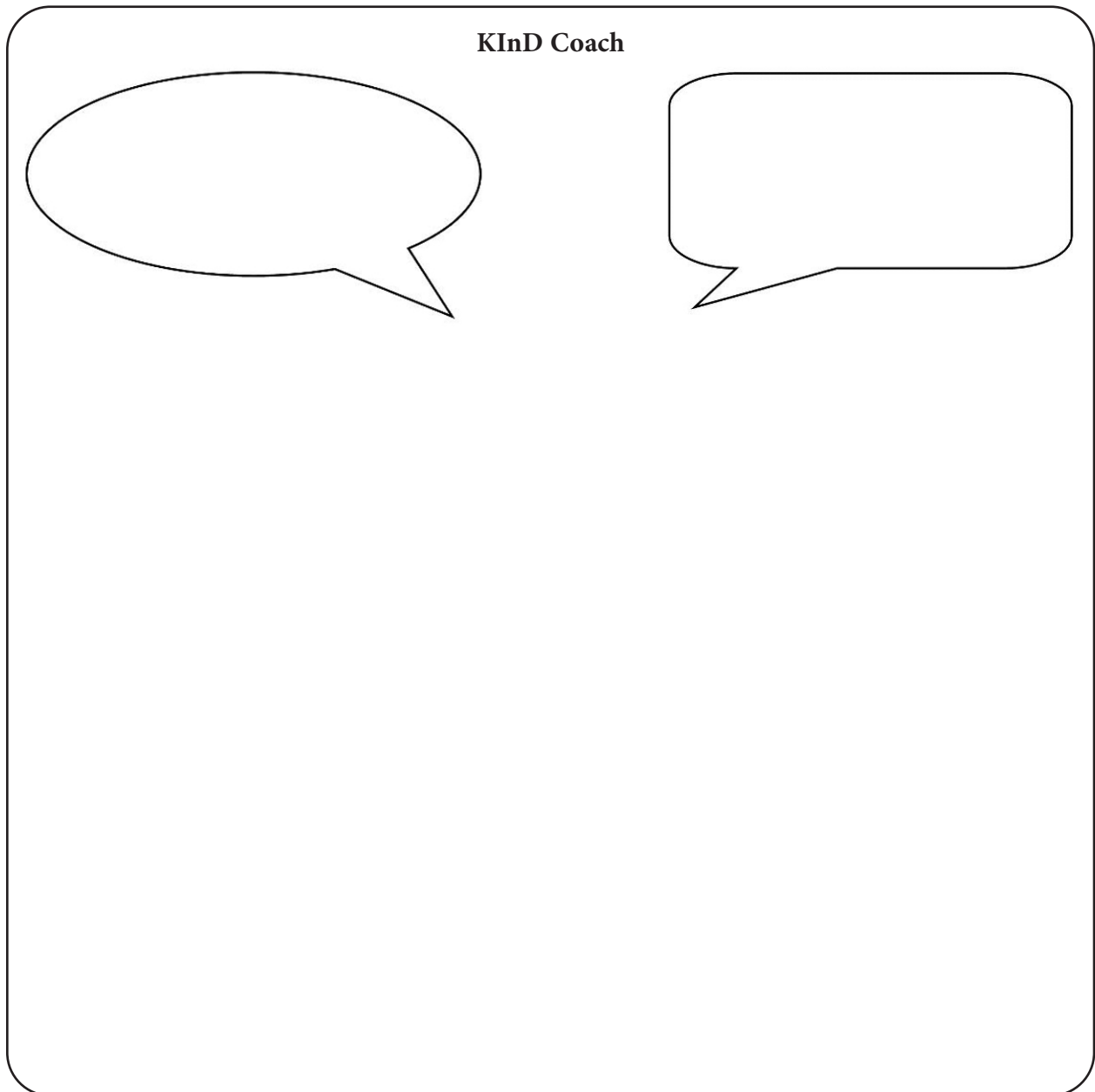
The form consists of a large, rounded rectangular border. At the top center, the text "Inner Critic" is written in a bold, black font. Below this text, there are two speech bubbles. The bubble on the left is a classic speech bubble shape with a tail pointing towards the bottom right. The bubble on the right is a more rectangular speech bubble with rounded corners and a tail pointing towards the bottom left. Both bubbles are empty, intended for the user to draw or write inside them.

from Chapter 8, *From Hope to Habit* by Margit Cox Henderson, Ph.D.

PREPARATION STAGE
Action-Able Exercise P6:
See your KInD Coach and Inner Critic

Next see your KInD Coach. What is s/he wearing or holding? What does your KInD Coach say to encourage you? Capture this image by drawing, writing or collaging a detailed vision of your KInD Coach.

KInD Coach



The form consists of a large rounded rectangular border. At the top center, the text "KInD Coach" is written in bold. Below this text, there are two speech bubbles. The one on the left is an oval shape with a tail pointing down and to the right. The one on the right is a rounded rectangle with a tail pointing down and to the left. The rest of the space inside the border is blank, intended for a drawing or collage.