

Tips for the DAY



Pay attention to your critical self-talk. Simply notice it. Is there some resemblance between your critical self-talk and how your mother talked to you? You don't have to do anything about this right now. You'll be different just for the noticing.



Take inventory of your inner rules and values, especially the ones that aren't serving you well. Most of these come from your parent, and it is your critical parent who helps you perpetuate those critical rules. After taking stock of what they are, you might want to start changing some of them.