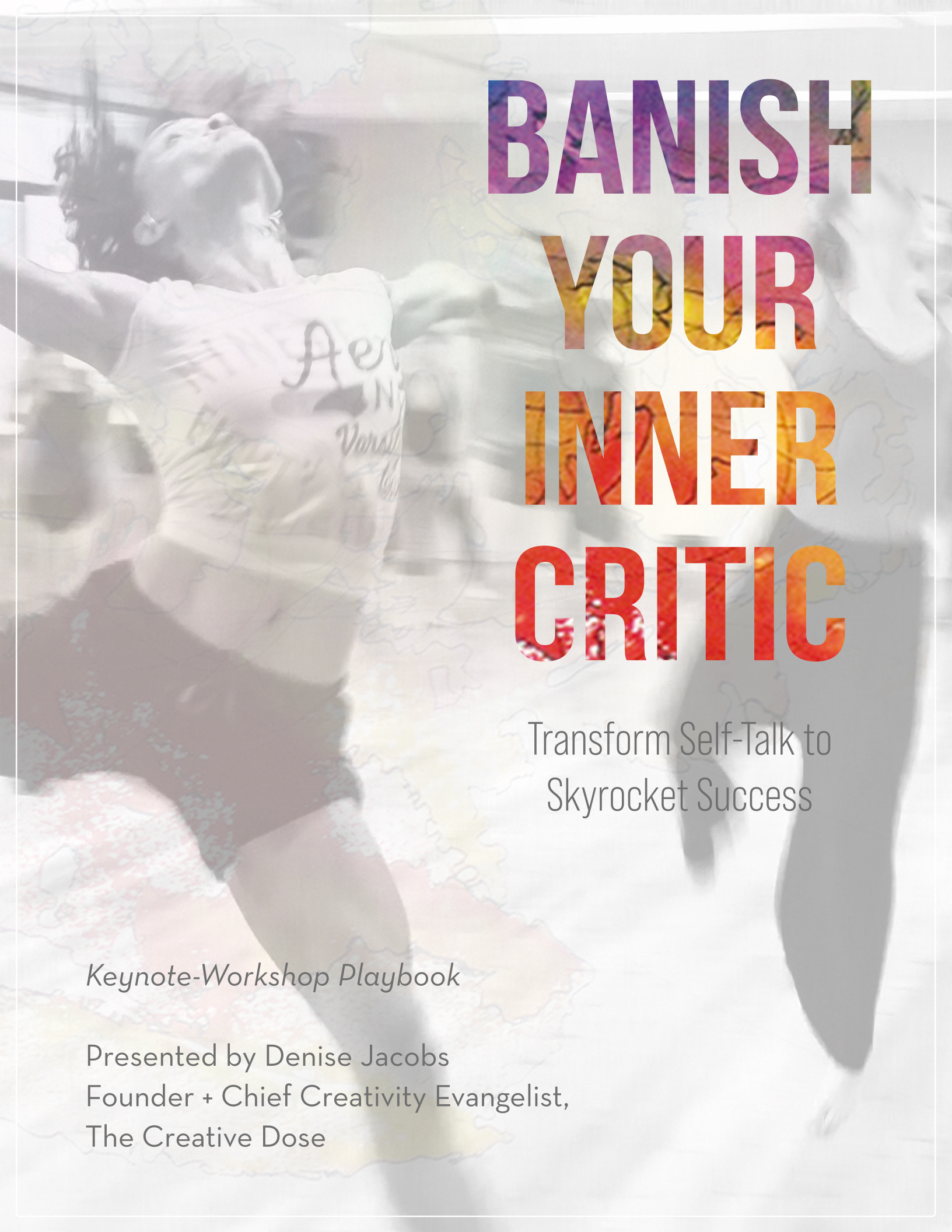




BANISH YOUR INNER CRITIC

Transform Self-Talk to
Skyrocket Success

Keynote-Workshop Playbook

Presented by Denise Jacobs
Founder + Chief Creativity Evangelist,
The Creative Dose

CHALLENGE AUTOMATIC NEGATIVE THOUGHTS WORKSHEET

1

RECOGNIZE & ISOLATE THOUGHT

Building awareness allows you an opportunity to challenge and refute those negative thoughts

1. Stop and pause for a moment, recognize what you are thinking isn't quite right
2. Pay attention to your body and emotions
3. Isolate and focus on the irrational thought and try to separate it from who you are
4. Think about what you are thinking about by having an external view of your thought



2

WRITE DOWN YOUR THOUGHT

Focus and think about what the thought is really about and write it out. After writing, you will feel a sense of relief that your mind has been emptied.

3

DISTRESS LEVEL

Identify the distress level (0-10):

0 = Calm 10 = Extreme

4

DISTORTION TYPE

Identify the cognitive distortion:

(Refer to list of cognitive distortions)

5

CHALLENGE & REFRAME THOUGHT

Challenge the cognitive distortion by evaluating evidence, focusing on positives, and avoid thinking in extremes (Refer to list of challenges):

1. Challenge & refute negative thoughts
2. Modify language and internal dialogue
3. Replace negative distortions with positive healthy thoughts
4. Write down the more reasonable reframed thought



6

REEVALUATE DISTRESS LEVEL

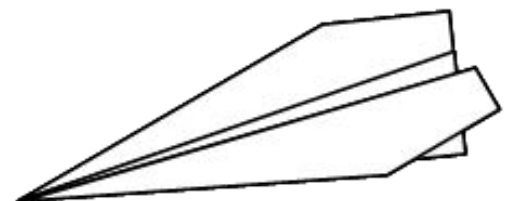
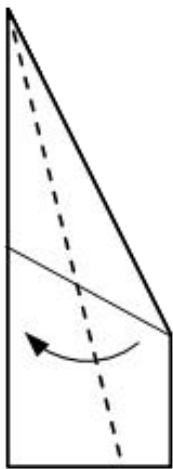
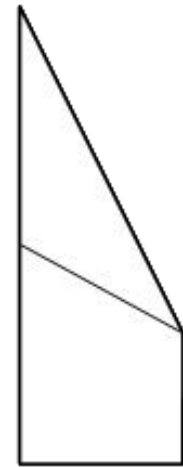
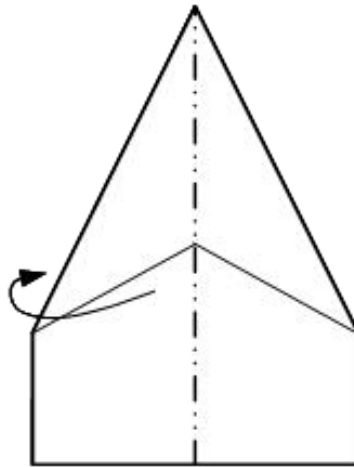
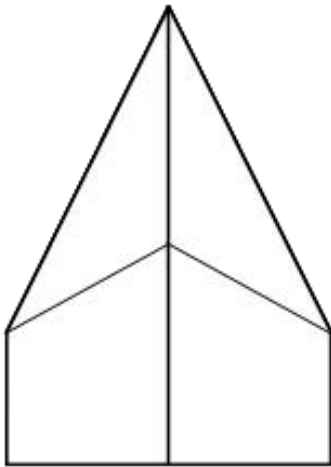
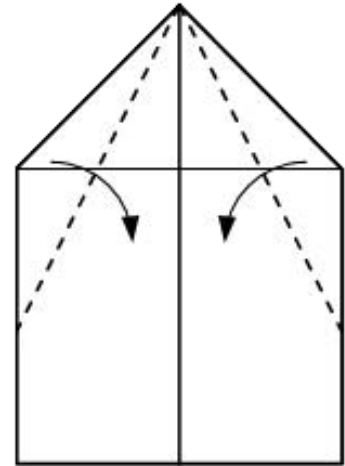
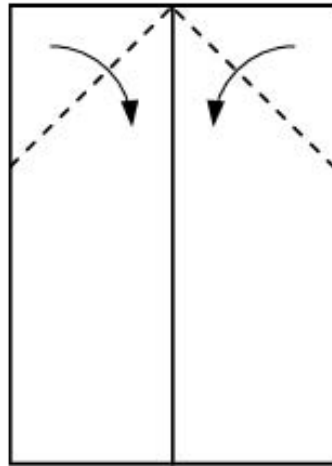
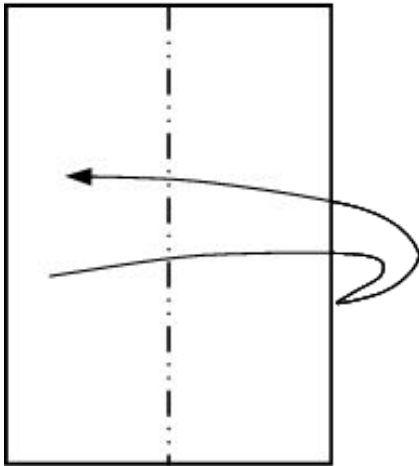
Reevaluate the distress level (0-10) and compare it to step 3. If the distress level has not decreased, consider repeating the exercise again.

REFUTEYOURTHOUGHTS

Set a time aside each day to do a brain dump of your self-critical thoughts and their triggers.

Trigger What activated your self-doubt?	Self-Critical Thought What was your immediate thought?	Refutation What is actually true?

PAPER AIRPLANE



ONE FAILURE FIVE POSITIVES



Find a partner. Think of something that you considered a failure and share it with your partner.

My “failure”

Now together, think of 5 positive things that came out of that alleged “failure.”

Positive Thing/Thing Learned #1

Positive Thing/Thing Learned #2

Positive Thing/Thing Learned #3

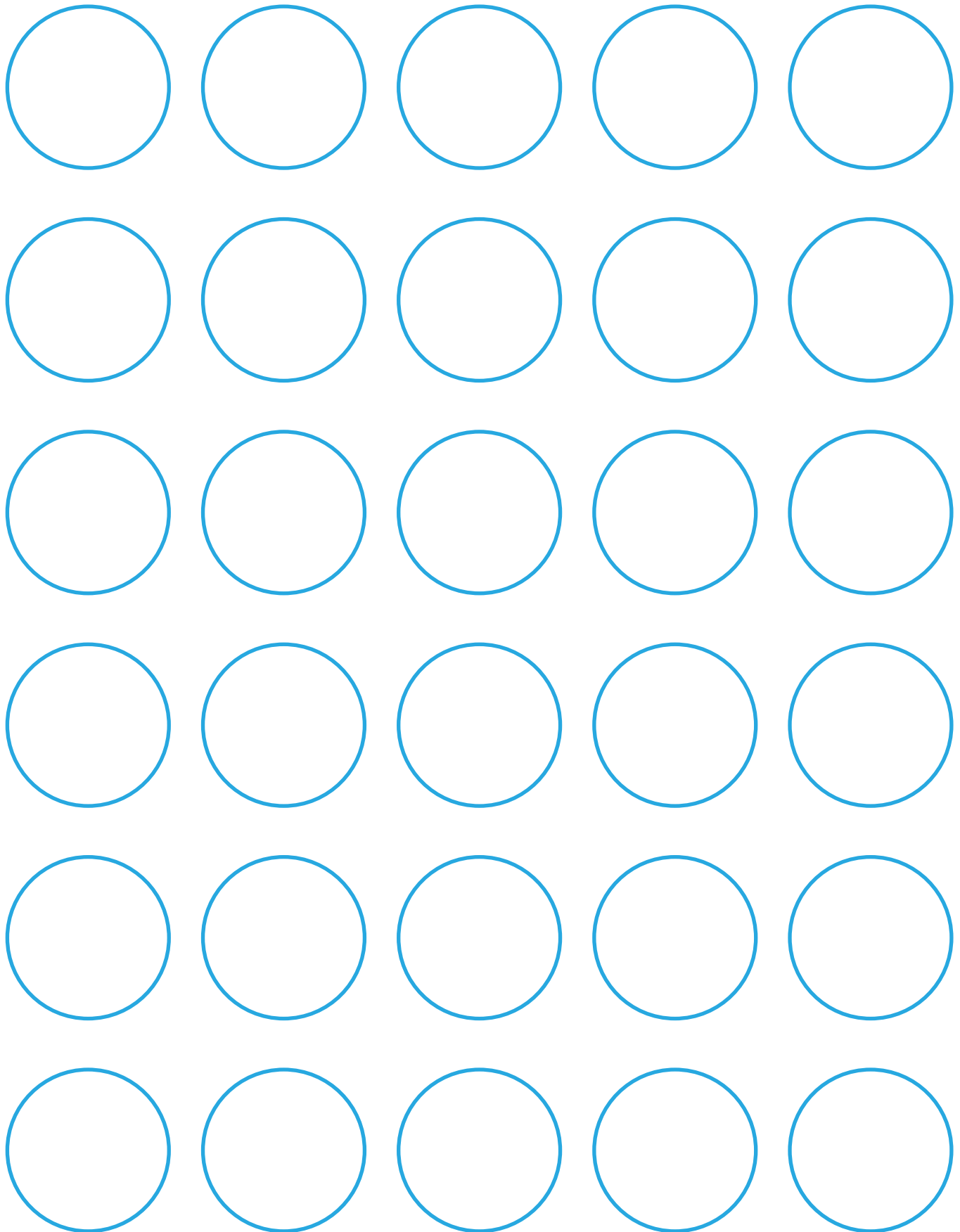
Positive Thing/Thing Learned #4

Positive Thing/Thing Learned #5

How does your perception of what is a “failure” change after doing this?



30CIRCLES



TWO MINDSETS

CAROL S. DWECK, Ph.D.

Graphic by
Nigel Holmes

Fixed Mindset

Intelligence
is static

Leads to a desire
to look smart
and therefore a
tendency to...

CHALLENGES

...avoid
challenges

OBSTACLES

...give up
easily

EFFORT

...see effort as
fruitless or worse

CRITICISM

...ignore useful
negative feedback

SUCCESS OF OTHERS

...feel threatened
by the success
of others

As a result, they may plateau
early and achieve less than their
full potential.

All this confirms a
deterministic view of the world.

Growth Mindset

Intelligence
can be developed

Leads to a desire
to learn and
therefore a
tendency to...

...embrace
challenges

...persist in the
face of setbacks

...see effort as
the path to mastery

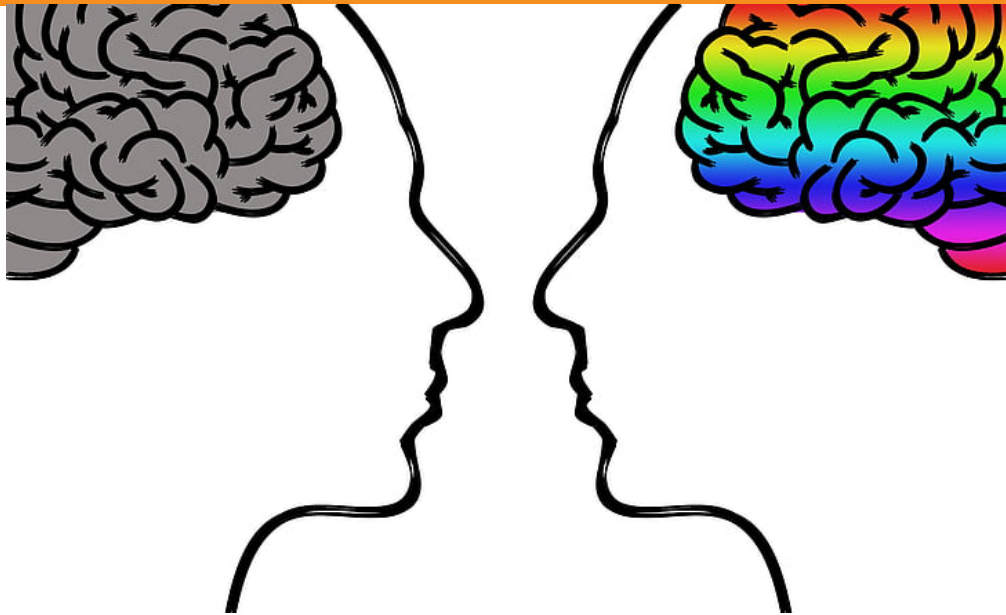
...learn from
criticism

...find lessons and
inspiration in the
success of others

As a result, they reach ever-
higher levels of achievement.

All this gives them a
greater sense of free will.

FROM FIXED TO GROWTH MINDSET



Here are four steps to take to move from a fixed to a growth mindset

Step 1: Learn to hear your fixed mindset “voice.”

When you discover yourself having thoughts related to perfectionism and fear of failure, know this is a fixed mindset voice talking.

Step 2: Recognize that you have a choice.

You aren't doomed to have this way of thinking forever. Our brains and minds are highly adaptable when we want to change them.

Step 3: Talk back to it with a growth mindset voice.

Transform your language to self-support and infuse it with curiosity!

Step 4: Take the following growth mindset actions:

Have a beginner's mind: release yourself from the “tyranny of the expert” - and think “isn't this interesting?” instead of “I already know this”

Rediscover the familiar: notice more around you - you can even try to see the new and interesting as a “treasure hunt.” Another thing you can do is to relearn something from a friend.

Learn something new: rekindle passion for learning and train yourself to thrive on challenge and change. Ask questions to fill gaps in your knowledge.

Fail forward: learn from your failures. Accept mistakes without the fear that it means you are somehow lacking. Reflect upon your experience in order to better understand how to change. And, build resilience as you persevere towards your goals.