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The End Of The World." Your Inner Coach Recognizes That The Jour-ney To Success Is Fraught With Failure Along The Path, And That No Failure Is Final. Where The Inner Critic Counsels You To, "Stop. Be Safe," The Inner Coach, Says, " May 8th, 2024

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Taming Your Inner Critic Handout - Tasha Harmon

Notice When Your Inner Critic Shows Up, And When It Does, Pause And Get Curious. A. Notice In What Situations The Inner Critic Most Often Shows Up. B. Notice What Phrases Your Inner Critic Tends To Use. C. Get To Know The Energy Of Your Inner Critic, And Get In The Habit Of Responding To That Energy With Curiosity And Compassion Rather ThanFile Size: 87KB Mar 7th, 2024

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