

**Inner Critic Part 2 – Identifying Coping Mechanisms through Comic Strip**

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| 1.  Draw yourself in an environment | 2.  Draw your Inner Critic Approaching | 3.  Draw something you can do to help yourself when the Inner Critic arrives! |
| 4.  (If the first thing doesn’t work…)  Draw something else you can do when your Inner Critic arrives. | 5.  (If that still doesn’t work…)  Draw a final tactic you can use when you notice your Inner Critic approaching. | 6.  Draw yourself with or without your Inner Critic or Inner Champion. This panel represents what you look like when you take back your power and can be yourself again! |