

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

|  |  |  |
| --- | --- | --- |
| 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! |