

Self-Talk Reframe Journal

Use this journal to practise recognising and reframing your inner critic.
These questions are based on Kristen Neff's 3-step self-compassion model.

Reflection 1

What did I say to myself?

Would I say this to a friend?

What's a kinder, more honest version I could say instead?

Reflection 2

What did I say to myself?

Would I say this to a friend?

What's a kinder, more honest version I could say instead?

Reflection 3

What did I say to myself?

Would I say this to a friend?

What's a kinder, more honest version I could say instead?

Each time you pause to reframe your thoughts,
you build a kinder, more resilient mindset.