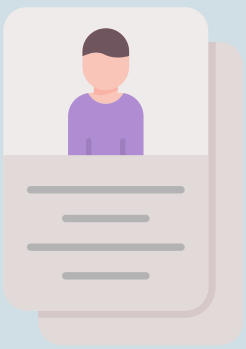


5 WAYS TO TAME

YOUR ADULT ADHD INNER CRITIC



1 CREATE A PERSONA FOR YOUR INNER CRITIC



When you build an absurd picture of your inner critic, you make it easier to separate yourself from negative thoughts.

2 SET UP AN 'EARLY WARNING SYSTEM'

Identify likely situations where your inner critic commonly shows up uninvited. Then pre-decide a response the next time it shows up.



3 PRACTICE MINDFULNESS



If your internal critic is being especially pernicious, a few minutes of mindful meditation can calm them (and you!) down.

4 TEACH YOUR INNER CRITIC HOW TO TREAT YOU

Help your ADHD inner critic learn to reframe a thought by actively redirecting them to positive thinking.



5 PRACTICE POSITIVE DIALOGUE

Just like you hear your inner critic beat you up, you can train it to be positive. Instead of focusing on the negative, celebrate success.

Positive
Vibes
Only

