



Changing Inner Critic to Inner Cool –

Challenge exercise

This is one of my most popular exercises which I share in:

- my business and leadership training and coaching programme, [Leading Your Team](#)
- my [self-confidence training and coaching programmes](#)
- my one-hour Zoom session '[Boosting Resilience in a time of change](#)'

The three activities are described in the table below and you can repeat for any critical thought that arises and tries to strip you of your self-confidence.

Write down the inner critic thought.	Write down the evidence for this as specifically as you can	*Then ask yourself - Is it really true?

*This highlights the fact that generally you either have **no evidence** or the **'evidence'** is **one/two very old scenarios** to support the critical statement you are using to 'beat yourself up' with. Often you use 'stories' made up as to how other people are thinking or feeling.

You can start to challenge your critical thoughts as they arise using this method.



If by chance you do find relevant specific evidence, then you can reframe this with the following question: **What else might this mean?**

In my book, [Business Skills, Don't Be Daft I am a Lawyer](#), **Section 1 Chapter 1.1, Why practise your legal expertise as a business**, there is a table where the 29 legal professionals share their 'best and worst' habits that they had.

Other relevant blogs that you will find helpful are:

- [You Can't Read the Label from Inside the Jar](#) This blog guides you on the key points when choosing a coach.
- [You Can't Read the Label from Inside the Jar – Part 2](#). This one provides examples of how lawyers use coaches.
- [An Introduction to Mindfulness for Lawyers, Part 1](#) This introduced the first core concept of 'being present' and my clients found that it helped them to spot when they moved from evaluating the future to being obsessed with the 'what ifs' and the impact of that on their performance.
- [An Introduction to Mindfulness for Lawyers, Part 2](#) This second blog provides insights to the concept of acknowledgement and acceptance. This puts you in a more resilient and effective Mindset.
- [An Introduction to Mindfulness for Lawyers, Part 3](#) the final blog provides insights into how detachment can assist you in uncertain times.
- [How to Build Your Resilience as a Lawyer](#)
- [Are You a Carrot, an Egg or a Coffee Bean](#)
- [You've Been Made Redundant - So What Now?](#)
- [Manage Your Mood with this One Simple Technique](#)
- Another useful habit to counter the inner critic is [The Gratitude Habit](#)

A useful and very funny TEDx talk on fear is:

<https://www.youtube.com/watch?v=yn6Vqvm5dkU>

About Ann

Ann is a non-practising solicitor with over 28 years' experience in the business world. Since 2003 she has trained nearly 7000 lawyers in leadership, management, business and interpersonal skills. She is the founder of [Yorkshire Courses for Lawyers](#)

Ann has trained with the Coaching Academy and holds a H.N.L.P. certificate in coaching. She is NLP Master Practitioner, as well as a member of the Professional Speaking Association and Professional Speakers Academy.

If you want a coach/mentor and trainer who knows the legal industry inside-out, then [contact me](#) to discuss your requirements.