## What keeps your critic going?



Avoidance behaviours make you miss out a lot of opportunities, and just confirms your negative belifs.



Negative self-talk



Criticism yourself contributes to feeling inadequate and reinforces negative beliefs about yourself.

Negative evaluation of yourself



Ineflexible rules (e.g., If I don't succeed, I am a complete faliure) are easier to break, what further reinforces our negative evaluations.



Negative predictions are contributing to anxiety and makes you pay more attention to "negatives" in different scenarios.



Negative predictions

