

COMPLIMENTS & CRITICISMS

1) Something someone might say about you, or your work, that would really hurt your feelings:

2) Something your Imaginary Parent (the one who lives inside your head) might say to you that would really hurt your feelings:

3) Something your Imaginary Lover might say to you that would really hurt your feelings:

4) The nicest compliment you can ever imagine receiving is:

5) Something your Imaginary Parent (the one who lives inside your head) might say to you that would really thrill you and make you feel proud:

6) Something your Imaginary Lover might say to you that would really thrill you and make you feel proud:

COMPLIMENTS & CRITICISMS

1) I am so _____ sometimes.

2) I am so _____ sometimes.

3) I am so _____ sometimes.

4) I am so _____ sometimes.

5) I am so _____ sometimes.

6) I am so _____ sometimes.

What do you want to remember about this exercise?