

## Week 2: Saboteur/Inner Critic Discussion

Time Needed	Materials Needed	Set-Up Needed
30 minutes	Saboteur content Wolves story Top 3 goals	Have monster finger puppets spread out on the back table
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Deepen the understanding of the saboteur/inner critic.	We all have an inner critic who sabotages us, if we let him/her.	Sharing of self.
Topic	Procedural Steps/Activities/Key Points to be made	
<b>Introduction</b>	Take out the Priorities worksheet where you wrote your Top 3 Goals. What could stop you from achieving them? When we hear self-doubt, or negative talk inside our head, typically we call that our Critic or Saboteur. Saboteurs are thought processes and feelings that help us maintain the status quo in our lives. Saboteurs appear to protect us, but actually prevent us from moving forward or getting what we want out of life. Saboteurs will always be with us; they are neither good nor bad. We have to be aware of our Saboteur, and the power it has over us, in order to consciously choose an action that will move us towards our goals. Name your Saboteur.	
<b>Activity</b>	After introduction, have the class read the material. Go around the room and ask if anyone wants to share anything about their saboteur/critic. 1. Has anybody named his/her critic? 2. What does your saboteur look like? Take a moment and visualize what this voice inside looks like. After a moment or two have the class go to the back table with all the finger puppets laid out and have them pick one that represents their critic.	
<b>Debrief</b>	Then have participants turn to and fill out, Getting to Know Your Saboteur. Allow 15 minutes or so. <ul style="list-style-type: none"> <li>• Who would like to share?</li> <li>• What did you notice about your saboteur?</li> <li>• Was there anything you liked about your saboteur?</li> <li>• How did your inner critic sabotage your values?</li> <li>• How did this exercise help you in understanding yourself better?</li> </ul> <p><b>READ: The Two Wolves story.</b></p> <ul style="list-style-type: none"> <li>• What comes up for you when you hear this?</li> <li>• What can you do differently going forward in taming your critic?</li> </ul>	
<b>Wrap-Up</b>	PLEASE BRING YOUR FINGER PUPPET (CRITIC) with you during our workshops. We will refer to it often to help you be in awareness of when yours may be holding you back. TRAINERS: You will not have the finger puppets for your groups. You may use your finger puppet as an example. Brainstorm what you might use in place of finger puppets. Reference: Dr. Kristin Neff's website: <a href="http://Self-Compassion.org">Self-Compassion.org</a> Complete this worksheet for homework if you didn't finish in class.	