

Renewal with Suzanne

FROM SELF-DOUBT TO SELF-TRUST

The Inner Guide Worksheet

Using Internal Family Systems (IFS) to turn
self-criticism into self-understanding.



THE INNER GUIDE

Hi, I'm Suzanne. Welcome! Simply by being here, you've already taken a step toward meeting yourself with more care and understanding.

Before we look at the part of you that criticises, doubts, and second-guesses—often called the inner critic—let's take a moment to connect with another part of you.

What's the Inner Critic?

Most of us carry an inner critic—that voice inside that doubts us, second-guesses decisions, and piles on the pressure. It might sound like:

- *"You'll never get this right."*
- *"Everyone else is doing better than you."*
- *"Why can't you just try harder?"*

Even though it often feels harsh, this part usually means well. It thinks that by being tough, it's keeping us safe from mistakes, rejection, or failure.

What's the Inner Guide?

Alongside this critic, there's another part of you: your Inner Guide. This isn't loud or demanding. It's quieter, steadier—like an inner anchor. The Inner Guide is compassionate, wise, and encouraging. It's the essence of you that believes in you, even when other parts are full of doubt. And it never gives up on you—and never will.

Why Start Here?

Before we try to soften or change the critic, it helps to first strengthen your connection with the Inner Guide. When you can feel this supportive presence, the critic loses some of its power. Instead of fighting with self-doubt, you'll have a calm, caring voice inside to lean on.

In the next steps, you can read the prompts here or listen to the 'Meet Your Inner Guide' audio and follow the inner exploration.

Step 1: Find Your Anchor Moment

□ To begin connecting with your Inner Guide, think back to a moment when you felt genuinely supported, loved, proud, or at peace. This could be:

- A time when a friend, teacher, or mentor believed in you
- A quiet moment in nature that felt restorative
- When you helped someone and felt good about who you are
- A moment you handled something difficult and surprised yourself
- A time with a pet when you felt unconditional love
- Any experience where you felt *“this is who I really am”*

□ Now, bring that memory to mind. As you sit with it:

- Notice the feeling in your body—does it show up as warmth in your chest, ease in your breath, or a softening in your shoulders?
- Allow yourself to linger there for a few breaths, letting that supportive energy soak in.

What word, phrase, or image captures the essence of my Inner Guide in this moment?

Take a few moments to write down what comes up, so you can return to it whenever you need reminding.

What did that moment feel like in your body? (warm, relaxed, expansive, grounded, etc.)

What qualities were present? (kindness, strength, peace, wisdom, courage, etc.)

Step 2: Connect with Your Inner Guide

That feeling you just described? Those qualities? That's your Inner Guide speaking.

If your Inner Guide could speak to you right now, what would it want you to know about yourself?

Take a moment to listen with your heart, not your head. Float the invitation inside, and bring in a sense of spaciousness.

What does your Inner Guide appreciate most about how you've been handling your life lately?

Even small things count - maybe how you've been showing up for others, your persistence, your care.

What gentle reminder does your Inner Guide have for you today?

Step 3: Carry This Forward

How can you remember this Inner Guide voice during your day?

Choose one:

- ☐ A word or phrase to repeat ("I am steady," "I am enough," "I remember my strength")
- ☐ An image from your anchor moment to visualize
- ☐ A physical gesture (hand on heart, deep breath, feet on ground)
- ☐ Other: _____

Write it here so you remember:

You've Just Taken the Most Important Step

Take a moment to acknowledge what you've just done. In a world that teaches us to fight ourselves, you chose a different path. You listened inward with kindness. You remembered a part of yourself that believes in you.

This isn't small work. Whether you felt a strong connection to your Inner Guide today, caught just a glimpse of it, or are still wondering where it is - you've started something important.

Some people feel this voice immediately. Others need time and practice to hear it clearly. Just like getting to know a new friend, this relationship often develops slowly. If your Inner Guide felt distant or unclear today, that's completely normal - especially if you've been through difficult experiences or spent years listening only to your critic.

What matters is that you're here, willing to try a gentler approach. That willingness is already your Inner Guide at work. What you've experienced today is the foundation for a completely different relationship with yourself - one based on curiosity instead of judgment, compassion instead of criticism.

Want to Go Deeper?

If connecting with your Inner Guide feels meaningful, you may be curious about the next step.

If you'd like to subscribe to my monthly newsletter, where I introduce ways to be with your inner critic and self-doubt so you can befriend and grow in inner harmony, follow this link: [Yes, I'll subscribe!](#)

Questions about this work or interested in 1:1 sessions?

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"You, yourself, as much as anybody in the entire universe, deserve your love and affection." The Buddha