

5 VOICES OF CHILDHOOD TRAUMA



**The Voice Who Is Angry
And Highly Critical**

The Voice Who Is Angry And Highly Critical

Mean, Critical, Fearful, Angry, Blaming

This voice is:

- holding internal anger and is known as the inner-critic in mainstream psychology
- may at first sound like our abusers
- using anger to push 'unsafe' people away
- turning their anger on to their abusers when they express themselves
- feeling hopeless because they believe they're too bad to have anything good

This voice sounds like:

- I'm a stupid person with no chance of a good life
- I hate everyone
- I hate myself
- I will tolerate people until they piss me off
- F*** the world!
- I refuse to be treated like this
- Who do you think you are?

This voice might:

- suffer from depression
- have angry outbursts
- be hot-tempered
- be highly critical
- be judgemental
- appear sullen

Emotions/Feelings:

- angry
- irritable
- out of control
- depression
- hopeless
- indignation
- judged

WORKSHEET

List three examples of life situations when this voice is loudest

I hear this voice when:

1. _____

2. _____

3. _____

What does this voice tell me to do most often?

What does this voice tell me to stop doing?

How does the advice from this voice help me in life?

How does the advice from this voice hurt me in life?

What are the most common emotions and feelings I experience when I hear this voice?

Do I always listen to this voice?

Yes

No

If not, what do I hear that has a stronger influence?

What do I think would happen if I stopped doing what they told me?
