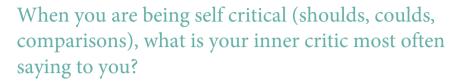
## SARAH CARLAN, msw

## www.sarahcarlan.com

## **Inner Critic:**



When is your IC voice loudest?

How does it impact you?

## Inner Guide:

Describe your inner guide -

What does your inner guide want *you* to know?

What would you inner guide like to say to your inner critic?