**Self-Critic Job Description Exercise**

This exercise is for clients who are able to notice their critical voice, and who often agree with the critical voice or express ambivalence about whether or not to agree with it.

**Marker:** Client recognizes own critical voice and either agrees with it most of the time or expresses ambivalence about agreeing with it.

**Therapist instructions:**

“For this practice, I want you to write a job description for your critic. Your critic has held this job for a while now. Let’s get a sense of its primary responsibilities, duties, qualifications and skills.

Critic responsibilities are the critic’s primary purpose for being a part of your life. Some examples of critic responsibilities are to keep you safe and comfortable at all times, to motivate you, or to punish you in order to keep you in line.

Critic duties are specific ways in which the critic usually tries to meet its responsibilities. If your critic’s main responsibility is to keep you comfortable, its duties might be to avoid other people in order to keep them from hurting you, or to do everything perfectly in order to avoid feelings of failure, for example.

Critic skills and qualifications are the things that the critic is good at and that make it the right fit for the job. Examples might include things like speaking quickly or making jokes in order to have some connection without feeling too vulnerable, for example.

There is no right or wrong way to do this exercise. What we really want to do is to get to know why your critic is here, and what kind of job it is or is not doing.”

Start the record IN SESSION. It can be completed in session or taken home and then reviewed at the beginning of the next session.

**Next Session Follow-up:**

What was the client's experience doing the exercise?

Was the client able to determine the critic’s primary responsibility?

Does the primary responsibility align with the client’s values?

Are there any costs to taking on the responsibility?

How successful is the critic at meeting the responsibility?

How much energy does this job require?

Are there any skills that would help the critic?

Did anything get in the way of the client completing the exercise?

What do they notice now as they reflect on this experience?

**Self-Critic Job Description Form**

Sometimes we believe our critic’s message wholeheartedly (“*I’m a failure”*), other times we may sort of believe the critic and sort of doubt it (*“Maybe I’m a failure”*), and other times we can get stuck battling with our self-critic (“*It is dumb for me to be so self-critical”*). Interestingly, we spend a lot of time reacting to the critic in these ways without really even knowing the critic very well. This exercise is intended to help get to know the critic in a particular way: What is the critic’s purpose in your life? That is, what is its job? How does it do that job? How well is it doing that job?

[**Job**](http://hiring.monster.com/hr/hr-best-practices/recruiting-hiring-advice/job-descriptions/account-development-manager-job-description-sample.aspx)**Description for \_\_\_\_\_\_\_\_\_’s Critic**

**Critic Job Responsibilities:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*What is the primary purpose of the critic in the life of \_\_\_\_\_\_\_\_? Feel free to list one or more than one.*

*Examples: To keep \_\_\_\_\_ safe and free of pain, to motivate \_\_\_\_\_\_, to punish \_\_\_\_\_\_.*

**Critic Job Duties:**

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











 

*What specific tasks does the critic perform in order to meet those responsibilities?*

*Examples: Avoids people, drinks, argues, etc.*

**Critic Skills and Qualifications:**









 

*What is the critic good at that makes him/her/it qualified for this job? Note that these may overlap with job duties if the critic is particularly skilled at some of the duties.*

*Examples: Logical reasoning, being right, being funny, bullying*