

YOUR CRITICAL PARROT

Fill in the chart based on the nasty names and common situations your critical parrot squawks

Situation	Critical Parrot	Talking Back to the Critical Parrot	NEW loving Parrot
		<i>I know you might be trying to help me by criticizing me and pulling me down, but actually, it is just making me feel worse. If you really want to help me, be encouraging and kind.</i>	