

The inner critic has a job description

The nervous voice before class is doing a job, badly. Hear it out. Then teach the hour yourself.

YOGA PROS

Handout 06 • goes with the Learning Hub article of the same name



◆ HANDOUT 06

Inside this handout

The nervous voice before class is doing a job, badly. Hear it out. Then teach the hour yourself.

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◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- In the minutes before class, when the commentary starts
- After a quiet class, when prediction turns into verdict
- Before teaching peers, mentors, or anyone holding a clipboard

◆ THE PRACTICE

Step by step

01 Name it

When the commentary starts, say inwardly: that's the critic clocking in.

02 Write the job description

Ten minutes on paper: what it's protecting you from, and roughly when it was hired.

03 Take the note

If one worry is genuinely useful, act on it. Leave the rest of the catastrophe behind.

04 Hand over the hour

One slower breath out, attention to the faces in the room, and the critic rides along without the microphone.

05 Review kindly

After class, one sentence on what went well before any review of what didn't.

◆ YOUR PAGE

Write it *down*

The two lines my critic repeats most...

What it is actually trying to protect me from...

What I would say to a colleague who taught the class I just taught...

◆ BEFORE YOU FINISH

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- ☐ Critic's two lines written down word for word
 - ☐ Job description drafted
 - ☐ Named it once before class without arguing back
 - ☐ One useful note taken, the rest left
 - ☐ Post-class sentence written before any self-review
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This handout supports the article ‘The inner critic has a job description’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The question you teach from
- You qualified. When do you feel like a teacher?

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.com/learning-hub

This handout is professional-development reflection, not therapy. If things feel heavy right now, talking to your GP or a qualified counsellor is a stronger move than any worksheet. This guidance is for general awareness and professional orientation. It is not a substitute for professional legal, tax, or insurance advice specific to your individual situation.

