

Student Name

PDC 120

Date

Journal #7

1. Write a sentence expressing a recent problem or event that upset you.

I applied for a scholarship and did not receive it.

2. Write a list of three or more criticisms your inner critic (IC) might level against you as a result of this situation. Have your inner guide (IG) dispute each one immediately.

IC: You didn't get the scholarship because there were better qualified candidates than you.

IG: That's not true. I am just as qualified as any of the other applicants.

IC: If that were true, then you would've gotten the scholarship. Face it, you're not smart enough.

IG: Shut up. I am very smart. I have really good grades in all of my classes.

IC: That's because you got lucky.

IG: No, it's not. I study very hard and do my best at everything that I set my mind to.

IC: Whatever.

IG: Yes, whatever. You don't know me. I am as deserving as anyone else. I'll just get some advice and try again.

3. Write a list of three or more criticisms your Inner Defender (ID) might level against someone else or life as a result of this situation.

ID: You didn't get the scholarship because the people on the committee are probably stupid.

IG: I disagree. I'm sure they had a very challenging job of picking the person.

ID: Well, maybe if your friend had done a better job of reviewing your personal statement you would've had a better chance.

IG: I should have had more than one person review my personal statement and done more drafts. I didn't take it serious enough.

ID: Don't bother reapplying, the committee will probably deny you again.

IG: I disagree. They have a tough job of picking the best candidate and I just need to prepare better next time.

4. In reading and writing about my inner conversations, I learned that I get to decide how I will respond to any given situation. If I choose to respond like a victim, then my inner critic and my inner defender will always win the argument and I will become bitter, angry, resentful, and lose faith. I refuse to do that and now that I know I am in control, I will pay attention to the voices that are always in my head and will choose to support my inner guide!