



Rebecca Ronane  
Forward after Fifty



## Meet the Voice of Inner Judgement

### BACKGROUND:

Inside all of us lives a voice that tends to judge, correct, or criticise. This voice may seem like it's helping us "do better," but it often stems from old survival patterns. It developed early on, shaped by things that somebody said, told, shown, or felt we had to do to belong, be accepted, or stay safe.

This inner judge often operates like a looped recording, stuck in a version of the world where mistakes are dangerous, approval is essential, and self-worth depends on perfection. But here's the truth: you're not that vulnerable child anymore. You now have choices, values, and wisdom of your own.

By getting to know this part of yourself, you create distance from it and with distance comes power. You can then choose how much you listen to it, or whether to respond at all.

### INSTRUCTIONS:

#### Draw the Voice of Judgement

It's not about art – it's about awareness. Sketch out the character that represents your inner judge, giving it a shape, face, or form that feels right. This process helps bring your inner judge out of hiding and into the light.

Use these prompts to help:

- If your inner judge had a face, what would it look like?
- What posture or stance does it take? Is it loud or whispery? Stern or sarcastic?
- Is it small and mean, or towering and dramatic?
- Does it resemble anyone from your past? (A teacher? Parent? Coach?)
- What are some of its favourite catchphrases?
- (e.g., "You're not good enough." "Why even bother?" "That's not how it's done.")
- You can draw with your non-dominant hand to bypass perfectionism.
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Remember: the goal is not to banish this part of you, but to understand it and take back control.

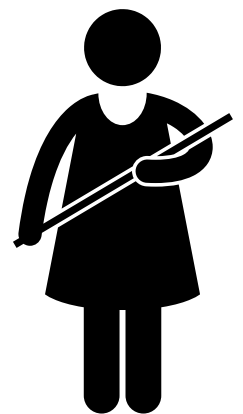
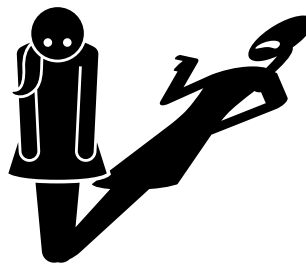
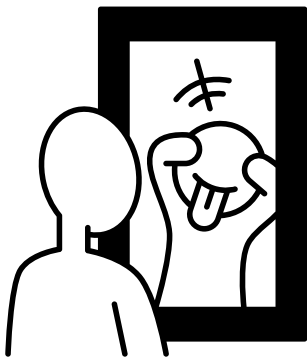


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## Part 1 - Draw the Voice of Judgement

Some images to help you visualise your  
voice of Judgement





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## Optional Reflections (after drawing)

Where might this voice have originated?

How has it helped you in the past? How is it limiting you now?

What would your wiser self say back to it?

Draw Your Inner Ally (the voice of support)

Write a Dialogue between you and your judge

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Transform the Judge (what would it look like if it evolved?)