

Guided Meditation Script: Meeting Your Inner Critic with Compassion

Duration: ~5 minutes

Ideal for pre-study sessions or the night before the exam

Introduction

Find a comfortable seated position. Let your hands rest gently in your lap or on your thighs. Close your eyes if that feels safe. Begin by taking a deep, slow breath in... and exhale completely.

Let's take another breath together...

Inhale... and exhale...

One more time... breathing in strength... and breathing out tension.

Step 1: Acknowledge the Inner Critic

Now, bring to mind a thought or feeling that often arises when you're preparing for or taking an exam.

Maybe it's a voice that says, "You're not ready" or "You're going to fail."

Without judging it, simply notice it. This voice is a *part* of you—not all of you.

Step 2: Dialogue with Curiosity

Ask this part:

"What are you trying to protect me from?"

Pause and listen. You may hear: "I don't want you to feel ashamed." Or: "I'm trying to help you do better."

Whatever it says, thank it.

Say, "Thank you for trying to protect me. But I'm in a different place now. I've got this."

Step 3: Invite the Wise Part of You

Now, invite in another voice. The part of you that is grounded. Capable. Calm.

This is your wise self—the part that knows how hard you've worked, how much you care, and how ready you are.

Let this part speak to you now. Perhaps it says:
“You are prepared.”
“You’ve done your best.”
“You are more than this test.”

Feel that voice move through your body like a warm light.

Step 4: Integration and Support

Visualize the inner critic gently stepping aside... not silenced, but acknowledged.
And the wise self taking the lead—supportive, steady, confident.

Breathe into that space.

Step 5: Closing

Take one last deep breath in... and slowly exhale.
Bring your attention back to your body, your breath, and the present moment.

When you’re ready, open your eyes.
Know that you can return to this practice anytime—before a study session, before a test, or whenever you need to reconnect with your strength.

