

# UNDERSTANDING YOUR INNER CRITIC

Have you ever felt like you're not good enough, unworthy, a failure, or that you're a burden to others? Or maybe your inner critic is always telling you negative things? Do you feel like your achievements don't last long and that same old feeling of not being good enough comes back? Or maybe you feel like no matter how well you do, you're not good enough, it was too easy, or you were just lucky?

If any of these thoughts seem familiar to you then join me for a conversation about the inner critic.

I am a professional counselor that works with trauma and related responses to adverse childhood experiences. This is a drop-in group and is free. It is not intended to be formal therapy, but is intended to be informative and supportive.

## **Why am I offering this?**

Because I know how hard it can be to find a place where someone will really listen. Most of my colleagues have full calendars as do I, and formal therapy is expensive. So I thought that offering an informal space where people can feel heard, with no pressures, might be helpful.

**WHERE: Center for Spiritual Living- Ballard**

**2007 NW 61st, Seattle, WA.**

**DAYS & TIME: 2nd & 4th Tuesdays, 6:00 - 7:30 PM**

**COST: FREE**

**No food or drinks, please**

## **Who Am I?**

My name is Steve Hammil. I am a professional therapist specializing in early childhood traumas, sometimes referred to as Adverse Childhood Experiences. I have been practicing for 17 years. I work extensively with people dealing with PTSD, Depression and Dissociation.



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Visit my website at [www.stevehammil.com](http://www.stevehammil.com)

(I am not taking new clients currently)

You can also see me on Psychology Today.