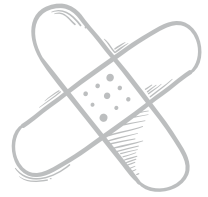
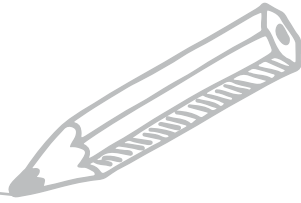


# How to put your parrot to sleep chart



Fill in your own chart based on the nasty names and common situations your critical parrot squawks.

Situation	Critical Parrot	Talking Back to the Critical Parrot	NEW Loving Parrot
		<p>I know you might be trying to help me by criticising me and pulling me down, but actually, it is just making me feel worse</p> <p>If you really want to help me, be encouraging and kind</p>	