



Befriend Your Inner Critic

Acknowledging our Inner Critic is very powerful. It brings a greater awareness to the critical/judging part within us. The process outlines below allows us to make friends with our Inner critic and ask it to help us **Achieve more success for less stress.**

One way of looking at your Inner critic is to see it as a habitual way of thinking. When you were small, your Inner Critic evolved to protect you from getting into trouble. It protected you by repeating what it saw and heard from authority figures helping you stay safe by doing well and avoiding displeasing those who were crucial to your success. You have grown up. You have developed your own values, beliefs and ways of doing things. You can think for, decide for and protect yourself.

Your Inner Critic still thinks you are a child, and It believes it still needs to protect you.

You need to befriend it and update it to who you are now and how capable you are.

INSTRUCTIONS: Think of a metaphor or image that represents your Inner critic and draw what comes to mind in the space below. Here are some tips:

- This isn't about creating a piece of art - a line drawing or sketch is fine.
- Your Inner Critic may well have characteristics from a parent or authority figure from your past.
- Try just picking up your pen and draw or doodle without thinking
- Perhaps add phrases or words your Inner Critic uses, e.g., "Stupid girl" or "What are you doing?", "You can't do that"

Part 1 - Draw your Inner Critic here:



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Part 2 – Get to know and Understand Your Inner Critic:

Reflect on your metaphor, your drawing and the key words and phrases you chose. What you can learn about your Inner Critic by answering the questions below?

What do you notice about your Drawing?

Key Features:

What this feature represents:

- 1.*
- 2.*
- 3.*

Where Does Your Inner Critic Come From?

Where and when in your life does your Inner Critic tend to appear? What's happening at the time?

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What is your Inner Critic's purpose, what is it trying to achieve?

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What is your Inner Critic MOST afraid of?

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If your Inner Critic had a name, what would it be?

Which specific people or experiences created the need for your Inner Critic?

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How relevant is the Inner Critic to your Adult (Highest Potential Self)

Who would you be without this Inner Critic? (Does it have any value to you today?)

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How might your life change if you were to let go of this Inner Critic?

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Moving Forwards:



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Be Grateful to your Inner Critic for serving you well when you needed it to. It has probably been taking over you and protecting you since you were a small child.

Update your Inner Critic by showing it the adult you have become. Let it know you have the experience, knowledge, skills and good senses to hold yourself to account.



I am Calm, Compassionate,
Curious, Clear, Connected,
Creative, Courageous, Confident.
I choose how I respond!

Whenever your Inner Critic tries to take over you and make you feel less than capable of doing something in future :-

Take a deep breath
stand up or sit up in your **Highest Potential Self** pose
Choose how you respond to it
Connect with what is real and known, here and now
Respond with **Compassion** and **Curiosity** towards your Inner Critic
ASK: Is it offering your **Highest Potential Self** a valuable critique? If it is, then accept this with gratitude. If it is not, then politely respond with **Confidence** in your own abilities. Ask your Inner Critic to step aside and let it know **"I've Got This!"**

When you achieve something let your Inner Critic see what you have achieved and what you did to achieve it. Do this using the Success Tapes Exercise.