

Stomp Out The Inner Critic!



The critic is what I refer to as *'the obnoxious room-mate in my brain'*. It is the inner voice that is constantly putting you down, judging you, points out your inappropriateness, finds your flaws and mistakes, calls you names, is critical of you and taunts you for not handling situations or responses properly.

Some common examples of this are: *'That was stupid, what did you say that for? What a klutz you are! Who are you kidding...you can't do that! You're such an idiot. That was stupid! What is wrong with you??!! I should be nicer. You're so incompetent.'*

Task:

Track what your inner critic says over the course of a day.

Once you have tracked your inner critic's voice. It's time to change it. This takes immense practice over time. Each time your critic is negative, turn it around with a positive statement, retraining your brain is the key to turning off your inner critic.