

**3 WAYS TO DEAL
WITH YOUR
INNER CRITIC**
Playbook

1) NOTICE YOUR INNER CRITIC.

*Revisit the blog article [here](#).

Naming your inner critic separates you from it and gives you some power back. It could be *the bully, the gremlin, the judge, the ego, Miss Know-It-All*, your parent's name or something else. So, **what's your inner critic's name?**

Here are 9 ways the inner critic attacks you:

1. Blaming → *It's your fault things go wrong.*
2. Comparing → *Why can't you be like her?*
3. Setting unreasonable standards → *It's not perfect, start over.*
4. Reminding you of your mistakes and failures → *You never learn, do you?*
5. Discouraging risks and change → *You're going to fail anyway.*
6. Brushing off wins → *You were lucky.*
7. "Shoulding" → *You should (not) be/do _____.*
8. Insulting → *You're dumb, weak, ugly.*
9. Shaming → *You're not good enough.*

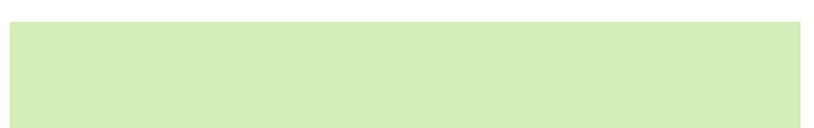
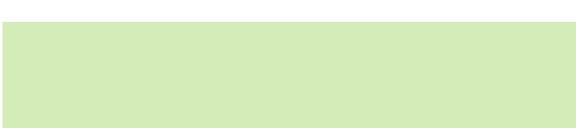
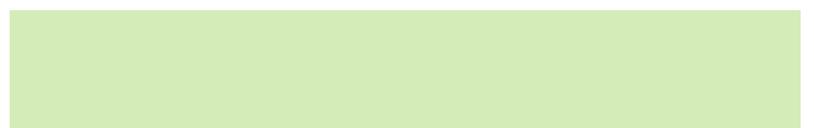
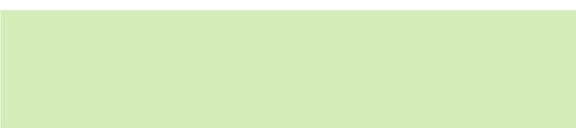
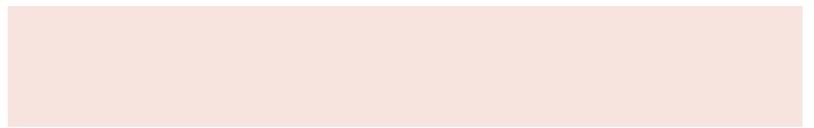
Throughout the day, notice your inner critic. Make it into a game: **jot down when your inner critic shows up and its remarks**, below and on the next page.

WHEN YOUR INNER CRITIC SHOWS UP

WHAT YOUR INNER CRITIC SAYS

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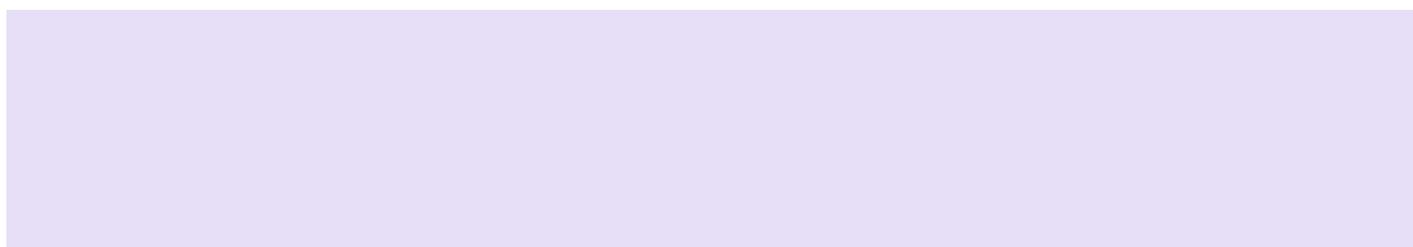


2) UNCOVER THE ROOTS OF YOUR INNER CRITIC.

Your inner critic's criticisms may sound true and definitive, but they actually come from the judgments of the people in your life.

Hal and Sidra Stone in *Embracing Your Inner Critic* suggest using the following questions to stay objective and uncover the roots of your inner critic:

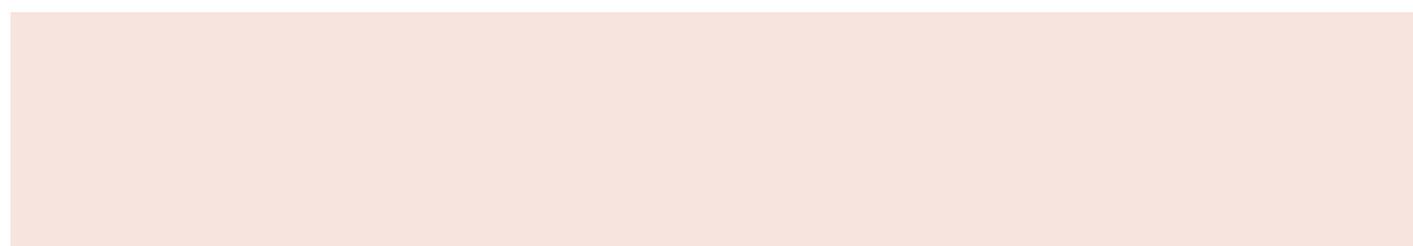
Does this statement sound like someone I know? Think of parents, other family members, teachers and the different people who influence(d) you.



When do I first remember being concerned about this issue? Revisiting the first time you felt hurt about this issue helps you heal and break the cycle, so that you can move on.



What were your parents' favorite judgmental comments about you? For a lot of us, our parents' criticisms still dictate our behavior today. Discerning which comments affected you negatively allows you to start detaching yourself from them.



What are the worst characteristics that a person could have, according to your current friends? We all feel some pressure to uphold a certain image of ourselves in order to please and impress our friends. Figuring out what you disown about yourself allows you to better embrace the whole you.

3) EMPATHIZE WITH YOUR INNER CRITIC.

When your inner critic criticizes, it's actually a cry for help, or an alarm, that signals possible pain, rejection, shame or abandonment.

So, take a deep breath and say to it (in your mind), *I hear you judging, Inner Critic. What's this really about?*

Even though it sounds weird, **converse with your inner critic and listen with empathy**. Keep asking, *What's this really about?* or *What's underneath that?* until you find out its underlying fears.

Get to your inner critic's soft spot, that feeling of vulnerability where walls have fallen and defenses lowered. **Validate your inner critic's fears**, which will help calm it down. Whatever you do, don't criticize, punish, belittle or brush off your inner critic, as that strengthens it!

Jot down your conversation on the next page. Print copies if you need more space.

P.S. Are you struggling with your inner critic? For personalized help, check out my [coaching services](#).



I hear you judging,

(your inner critic's name)
What's this really about?

