

# 4 Tips for Quieting the Inner Critic

Everyone has heard the voice of the Inner Critic at some point in their life. Inner Critics often show up at a time of change or transition- when you are about to embark on something new or take a risk. You know this voice well, it's the one that tells you that "you are not good enough", "you never follow through", "you are being selfish", "you're not worth it", "you don't deserve it", or "everyone will be so disappointed in you". It's harsh, demeaning and downright mean and it has a grip on all of us from time to time.

## What's the purpose of the Inner Critic?

Surprisingly, the Inner Critic serves a purpose. If we pay attention, we will discover that the Inner Critic has become a part of the chorus of voices in our heads at moments in our life where we felt a lack of control or in a situation that created fear or shame. The voice you're hearing now actually emerged to protect you from these feelings (whether real or imagined).

Unfortunately, as soon as this voice starts to limit you in any way, it's a sure sign that the Inner Critic has overstayed its welcome and needs to be quieted.

## How to Quiet the Inner Critic

### BUILD AWARENESS

The first step in quieting the voice of the Inner Critic is to become aware of it. Just by creating awareness around these thoughts, you reduce the power it has over you. Stop and notice- what am I thinking and feeling right now- as if you were a witness to someone else's life. Notice, are you feeling doubt, uncertainty, fear or shame? These are sure signs that an Inner Critic is present.

### SEPARATE IT FROM THE REAL YOU

The truth is, this voice is not YOU. This may be what you are feeling in the moment, but it is not who you are at your core. The Inner Critic will try to steer you to the safe path (even if it limits you living a full life) by having you doubt your ability and worthiness.

An easy and effective exercise- write down all of the things your Inner Critic says to you and imagine yourself saying these things to someone you love. You won't get far- it all sounds too terrible, mean and untrue!

### CONNECT WITH YOUR INNER GUIDE

Your Inner Guide will never steer you wrong - it is the voice of clarity, intuition, and true alignment. Our inner guide is always there, but we are not always listening. When do you



hear or feel the voice of the Inner Guide? In nature? Listening to music? Dancing? Meditation, Yoga? Riding your motorcycle? This is your gateways to the Inner Guide- make it a regular part of your life and you will begin to hear the Inner Guide more clearly.

## **PRACTICE GRATITUDE**

Nothing quiets the Inner Critic faster than to say “thank you”. What do you believe the Inner Critic is trying to protect you from? Imagine yourself saying, “Thank you for all that you have done for me, but now I am stronger and I no longer need you. It’s time for you to go”.

*Still feeling the grip of the Inner Critic? Still doubting your abilities? Let’s explore the Inner Critic together.*









