

# MORE WAYS TO HEAL THE INNER CRITIC

## Typical Qualities of the Inner Critic

Make an Inner Critic check-list to alert you when you are overcome by negative feelings like Procrastination, Perfectionism and Bad Self Talk - and can't pinpoint exactly why.

Your Inner Critic is usually:

- Harsh, rude, mean
- Black and white – no room for grey
- Tries to sound like the voice of REASON
- Says you “aren’t ready yet”
- Attacks first, shames second.

Recognize its goal is to **keep you safe** from possible harm, rejection, and even joy.

It wants to numb you out so you stay safe in your comfort zone.

It wants to keep you safe within the norms of the “tribe” (your family, society) so they continue to love you and don’t throw you out/abandon you to die.

**Every single book I’ve written (seven so far) is proof positive of how I overcame my own personal Inner Critic.**

One ...word, page... one day...at a time.

30+ years of journalistic training did not make me immune to my own fears and Inner Critic woes. But in the end I won through using some of the tools I share in this lesson.

## My Top Tips to Heal the Inner Critic

1. Process work with EFT-Matrix Reimprinting
2. Inner Child work – to access the *magical inner child* (your artistic self) - drawing, left-hand/right-hand dialogue, play dates etc
3. Regular exercise to shift the build up of stuck energy
4. Putting up this sign on my wall above my computer (courtesy Julia Cameron):

“JUST WRITE THE WORST CRAP EVER WRITTEN. BUT WRITE...”

Obviously your WORST writing is pretty darn good and possibly even better than most people’s best. But this attitude relaxes the fear-driven part of our brain (the amygdala) allowing creativity to flow.

# Goal Success

5. Get clear that CREATING and EDITING are two very different processes.

Do the first without pausing to analyze or edit.

Then when you have many pages of content – start the editing. First prize...get someone professional to help you.

6. Practice **self-compassion** to quiet the Inner Critic.

Self-compassion is like a parachute that allows you to glide safely down into the parts of yourself you're afraid to look at.

Self-compassion means saying, yes, I messed up, but this doesn't make me a horrible person.

This makes me a person who has strengths and weaknesses and room to improve.

## Rituals

- Rituals quell anxiety for writers
- When a ritual becomes a habit, it's one less thing for you to decide
- When a ritual makes you feel you are being guided or supported by something bigger than yourself – you step up to the plate.

## Mirror Work

- I LOVE YOU – NAME
- I LOVE YOU NAME– from today I am hailing you
- I LOVE YOU NAME
- I LOVE YOU NAME– from today I commit to taking care of you
- I LOVE YOU NAME – you are a writer.
- I LOVE YOU NAME– I commit to making this life a joyful one for you
- I LOVE YOU NAME– you deserve the best – you **are** worthy of love, success, money and fun!

## Turn Pro

Apply what "The War of Art" author Steven Pressfield calls "**turning Pro (Professional)**" to combat Resistance (another name for the fear driven effect of the Inner Critic).

- Show up every day
- Show up no matter what
- Stay on the job

# Goal Success

- Be committed for the long haul
- Be a warrior
- Silence the Ego. See yourself as a channel for ideas “from a higher plane of reality” – allow your Muse, Angel etc to bring creativity *through you*

## **Allow for Grace**

In similar vein, heed Artist’s Way author Julia Cameron:

“As artists we co-operate and co-opt the power of Universal Intelligence (God/Higher Power) to come through us.”