

# THE INNER CRITIC

The Inner Critic is a fear-based self-critical voice in your head that:

- ▶ disapproves
- ▶ cautions
- ▶ ridicules or
- ▶ quietly sabotages

...your happiness and goal success

In 2012, a major study at the University of Massachusetts on self-criticism found that self-criticism and perfectionism strongly diminished a person's ability to make progress with any goal.

For writers and creatives, experimenting with ideas and sometimes **making mistakes** is part of the artistic process.

Although many people believe that being hard on themselves will make them better people, research does not support this belief.

Self-criticism has been shown to increase procrastination and rumination and impede goal progress.

## MISTAKE OR MIS-TAKE?

What movie maker would get by on one perfect "take"?

So think of your life as a movie – you write the script and start filming as the director.

Bam – you make a mistake – well, as the director – call it a mis-take. Be ready to take it over and over if necessary until practice makes it as "perfect" as it can be.

But watch what happens when your **Inner Critic** jumps in!

Suddenly you failed and that makes YOU "a big fat failure."

If the ensuing self-doubt gets bad enough, you are likely to give up your dream or goal to write that book, run that marathon, expand your coaching practice, get that doctorate, find true love online.

Once you feel worthless and incompetent, you begin to feel like there's no point in even trying to do better next time.

*Q: Where would you be today if you had stopped learning to walk each time you fell down as a toddler?*

Realize that self-criticism can break your heart and your hopes for achieving your goals.



It preys on you to stay safe in your FIXED MINDSET vs. Developing a GROWTH MINDSET where everything that stretches you is an opportunity to learn and grow.

(ref Dr Carol Dweck's book *Mindset: The New Psychology of Success*)

The worse it gets, the worse it gets.

Inner Critic whispers become louder and louder, the more you give them attention.

Until...

You're ready to give up, unable to think, function, thrive or (if a writer) write

...classic "writer's block."

## **So let's Identify your Inner Critic**

If you slow down, pause, check into your body and listen carefully, you may notice the Inner Critic reminds you of parents, teachers or care givers from your childhood.

Maybe one person in particular comes to mind.

Often you have lived with the Inner Critic voice for so long you hardly ever question it. It's just background noise, always ready to pounce.

### **EFT Tapping to Silence the Inner Critic**

So what can you do to silence your Inner Critic?

Obviously you start with EFT Tapping and Matrix Reimprinting.

You repeat some of the ugly voices in your head as you tap, not forgetting to first say you **"love and approve"** of yourself anyway.

For example:

*"Even though I feel my work will never make the grade...I love myself anyway*

*Even though I'll never finish my book...never, ever, ever...(you can pile on the exaggeration if you like)*

*I can choose to love and approve myself with or without the book finished.*

### **Notice where you hold the critical energy in our body**

**Find a Younger Self (called an ECHO: Energy Consciousness Hologram in Matrix Reimprinting) who first heard these voices.**

And together you and your helpers can go in and rescue, empower and free your Younger You.

- ▶ Silence or freeze the person (let's say it's her father) repeating the wounding criticism.
- ▶ Give the Younger You positive affirming words.

# Goal Success

- ▶ Tell her that the other person (her father) does not know everything.
- ▶ Shrink the Critic (her father) to a tiny cartoon character, or to the age of a child, and show your Younger You that the critic is not God.
- ▶ What happened to the Critic (her father) when *he was young*, that he LEARNED this behaviour to keep safe and loved? Likely this was passed down the family line, father to son, father to daughter...just a broken story.

THAT chain of pain can stop right NOW.

Tell your Younger You SHE is the courageous heroine of her own story.

Give her tools to empower her to feel that way. Bring in supporters she asks for – Angels, Guides, favourite storybook heroes.

Give her a magical cloak of protection and a WISH WAND to make things any way she wants.

Whisk her away to the Light Matrix, the Magic Faraway Tree, Project Sanctuary (if you follow the Energists) where she can make new positive empowering memories.

If you go deep enough in this process you will be amazed what resources and power symbols you will be given to take with you growing up into the present.

And what a refreshing and revitalizing approach you now feel towards your goals.

## **Conclusion**

Learn to recognize and face your Inner Critic because he/she is really trying to keep you safe from criticism and the pain of rejection.

Silence your Inner Critic and reinvent a new Cheering Coach and Cheering Team – as described in a previous lesson.

In the next lesson we will focus on More Ways to Heal the Inner Critic.