

Tame Your Inner Critic - online workshop

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1. AWARENESS - IDENTIFY YOUR CRITIC

EXERCISE 1: *Identify your Inner Critic* //3MINUTES//

List critical thoughts you have of yourself, in any area of your life. Look especially closely at areas that are important to you, and where things may not be going as you would like at the moment. Write those thoughts down.

2. CLARITY - UNDERSTAND YOUR INNER CRITIC

EXERCISE 2 - *Critic's Sabotage* //3 MINUTES//

How is Your Inner Critic stopping you from living the life you want? List at least 3 specific ways.

3. CONSCIOUS CHOICE - *SEPARATE* FROM YOUR CRITIC

TOOLS to separate from the Inner Critic

EXERCISE 3.1 Personify it - Describe your Inner Critic's appearance. //3 MINUTES//

What does it look like?

What shape is it?

Does it look like a person or an abstract form?

Is it fixed or transient/flowing/changing entity? What colour/texture does it have?

How light or heavy is it? What about its size?

What's the expression on its face if it's a person?

Describe it in as much detail as occurs to you.



EXERCISE 3.2 - FEEL separate from the Inner Critic. //1 MINUTE//

Imagine and feel the Inner Critic outside of you, to one side, and not in your center, taking over. (energetically separating from the Critic)

EXERCISE 3.3 - Challenge your Inner Critic's Messages //3MINUTES//

Checking against the criteria of how accurate/evidence-based/constructive are its messages, challenge your Critic's statements with:

"Is it true?"

If you happen to get a Yes - then ask

"Is it absolutely true? (what evidence can you find to the opposite)"

and

"Is it constructive? i.e. Is listening to and believing this message helping me to achieve my goals and/or feel good about myself and my life?"

+ Install your Inner Coach/Cheerleader

Come up with supportive statements that will directly deal with the criticism. How can you respond from a more supportive place, separated from the Critic, being objective about its statements, and determined to be your own best friend? Speak to yourself as if you were advising a child or a good friend.

Pick one or two statements of your own that you listed above (Exercise 1), challenge your own Inner Critic and learn to become your own best friend.

YOUR CRITICAL THOUGHT	YOUR SUPPORTIVE THOUGHT

HOMEWORK / HOME-PLAY ;-)

If you wish to keep going deeper, do the below practices in your own time, observe what happens and how you feel.

1. Raising your Awareness of the Inner Critic.

Notice as you go through your days what self-critical thoughts come up in your mind. Record them, either when you notice them, or at the end of the day. Either write them down or record them as an audio.

What might help you in noticing the Critic:

- When you next feel bad about something - scan your self-talk and see if you can spot the Critic chiming in.
- When something goes wrong, notice if the Critic is present and what it's saying.
- When you look in the mirror, notice if the Inner Critic is present.

Notice how those Critic's messages make you feel.

2. Acknowledging and Challenging the Inner Critic's statements

Acknowledge, Challenge and then Rewrite the critical thoughts from the perspective of the Inner Coach.

Acknowledge: Ok, I see my Critic is here, trying to do its job. However, let ME stay aware and take charge here.

You can even say to your Critic - "Hi Critic, I see you, and I understand you came in here to do your job. But it's OK for you to relax now. I've got this."

Challenge: Is it TRUE what your Critic is saying? And is it CONSTRUCTIVE? Is it helping you go in the direction you want to be going?

Rewrite: Allow your Inner Coach to substitute the criticism with compassionate, supportive thoughts. If you were speaking to a little child, or a dear friend, what would you say to them? And HOW would you say it?

(with practice, you'll be able to do it almost immediately, but to start with I suggest you assign time to do this, perhaps best at the end of the day).