



## Connecting With Your Inner Critic

Many people have an inner critic which is often some authority figure from the past. It shows up in the form of criticising thoughts and nagging self-judgments. Sometimes it's experienced as a familiar voice such as a parent or teacher. Sometimes it's experienced as a person's own voice where they've formed the habit of beating themselves up.

The truth is that while the inner critic can appear to be so controlling, they're often feeling very much out of control. Anxious and disempowered, they're constantly trying to get our attention to regain their sense of control and help themselves feel better.

All too often we resist and try to push this part of ourselves away. The trick is to get it onside and help it to understand that it's okay for you to start thinking and behaving differently.

Offer love; make friends with your inner critic and that will immediately diminish its power over you. Tell them that you're setting a boundary on their judgment and criticism, that you won't listen to those messages any more, but you are open to connecting with them from a place of compassion, kindness, understanding and acceptance.

Use the following questions in your journal to connect with your inner critic in the most powerful and helpful way.

This exercise is a process: You don't need to complete it in one go. You may like to read through; then ponder the questions and come back to them later.

## Questions to ask your inner critic

- Is there a story that you've been telling me to live my life by? If so, what is that story?
- What are you trying to protect yourself from?
- What are you trying to protect me from?
- What's hurting you?
- What do you need from me?

- What would bring you relief?
- If I say that you're ridiculous, what comes up for you? Why?
- What do you fear that others may say if I stepped into my power?
- If I was happy and confident; where would that leave you?
- How would you feel if you and I were to just let go and stop fretting?

This pdf is a resource for the book:

[7 Questions Highly Confident People Ask Themselves](#)

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