



HOW TO SILENCE YOUR INNER CRITIC - TOOLS & TECHNIQUES

27.08.20

RECAP

WHAT IS YOUR INNER CRITIC?

- INNER VOICE
- THOUGHTS INSIDE YOUR HEAD
- THOUGHT PATTERNS
- BELIEFS FORMED
- FROM CONDITIONING
- EMOTIONAL SELF-HARM
- JUDGEMENT
- FEAR
- SELF-SABOTAGE
- INSECURITIES
- ANXIETY

UNDERSTANDING OUR INNER CRITIC

The subconscious mind cannot distinguish between positive and negative. Thoughts will come up because they are thought patterns, based on childhood conditioning or events as an adult. Our job is to reframe them.

- They are thoughts and feelings, not facts
- It's a voice inside your head there to protect you, triggered because of past trauma
- It's your inner dialogue based around fear/insecurity/anxiety
- Everyone has them. You are not alone

HOWEVER, they are not helpful thoughts when they...

- Stop you from achieving
- Are constant negative thoughts

- Spiral out of control
- Debilitating and detrimental to self-worth
- Stop you living the life you want
- Loving who you are
- Believing in yourself

REFRAMING YOUR INNER CRITIC - TECHNIQUES

Positivity **PAUSE** *REALITY CHECK*

1. **GREET** your negative thought with compassion/acceptance (example - "Oh Hi protective part/Karen. What do you need from me in this moment? Why am I telling myself this? Do I need to hear this right now? Is this a thought or fact?")
 - Or STOP them from going further. "This isn't reality so I'm going to STOP you from harming me."
2. **CHALLENGE** how truthful or logical the thought is. Questions to ask yourself to help challenge your negative thoughts or self-talk:
 - What is the worst that could happen? Best case and worst-case scenario
 - If it did happen, what could I do to cope with or handle it?
 - Am I falling into a thinking trap?
 - Have I confused a thought with a fact?
 - What would I tell a friend if he/she had the same thought?
 - Is my judgment based on the way I feel instead of facts?
 - Am i making up a story in my head?
3. **ADDRESS** - Where does this thought come from? (childhood conditioning/traumatic events in adulthood?)
4. **REFRAME** your statements. i.e. "bad shit always happens to me. Why me?"
 - Reframe this statement to "bad stuff happens in life, but I've got the strength to get through it, because I've done this before."

LETTER TOOL

Write this down on your phone, laptop or somewhere you can access it easily everyday.

Step 1 - write a short letter to yourself. i.e. Dear Charlotte, you've been through a lot, so i understand why you feel the way you do sometimes, but this has made you who you are today. You are...you deserve...

Step 2 - bullet point 5 positive things about you underneath each category. Be kind and complimentary of yourself. Be honest! Don't listen to your negative voice. You have so much to celebrate.

1. **Intellectual** - i.e. I have a degree, I'm smart, I enjoy debates
2. **Moral** - i.e. I encourage others to do their best. I love unconditionally
3. **Physical** - i.e. I like my smile. Being petite
4. **Spiritual** - i.e. I pick up on people's energy. I meditate to feel good and help others
5. **Emotional** - i.e. I'm sensitive and an empath. I'm compassionate
6. **Mental attributes** - i.e. I see the good in people. I'm determined, ambitious, strong minded

If you used any of the techniques. I'd love to hear! DM me or share on social @charlottejonsie and let @blogosphere_magazine know too!