

LEADERSHIP ACADEMY

Befriending Your Inner Critic

As you begin to get into a deeper relationship with your intuition, you'll need to recognize the voice of your inner critic, so that you can better differentiate the two.

To make your inner critic easier to recognize, let's give it some shape. Answer the questions below to help you understand what your inner critic looks like and sounds like.

My Inner Critic

What does your inner critic look like? Maybe s/he resembles a particularly stern teacher you had, or a friend who was always competing with you.

How does the inner critic affect your posture? For example, if your inner critic has a theme around feeling like you're defeated, you may notice slumped shoulders, poor eye contact and shuffling your feet around.



What does your inner critic say? Often, your critic will try to convince you that you're not enough or that you're too much. It talks most often when you are stressed or experiencing anxiety. What are some of the common themes and narratives that you frequently hear?



What does your inner critic feel? This may go back to some of your formative experiences. Your inner critic might be afraid, angry, jealous, arrogant, etc. How does it sound when it talks to you?

When do you hear your inner critic most? While your inner critic tends to appear when you're under stress, it can also appear when you're on the verge of success. It will do anything to keep you safe from the unknown.

What is your inner critic trying to protect you from? The inner critic is a part of our mind that seeks security, safety and what is familiar above all things. But it often goes overboard. Understanding that underlying feeling may help you recognize your inner critic more easily as well as have empathy for what it's trying to protect.



When do you hear your inner critic most? Your inner critic may be trying to keep you from embarrassing yourself or doing something risky. There may be a grain of truth to what your inner critic is saying, even when it comes with overloaded emotion.



How can I use what my inner critic is saying? If you can understand the feeling and intent behind your inner critic, you can use that to take productive action that will move you forward.

