

# TAKE CONTROL OF YOUR INNER CRITIC

You don't need to banish your Inner Critic, you can learn to manage it. Here are 6 ways you can take back the POWER – you might find that there is just one that resonates with you.

## NAME YOUR INNER CRITIC

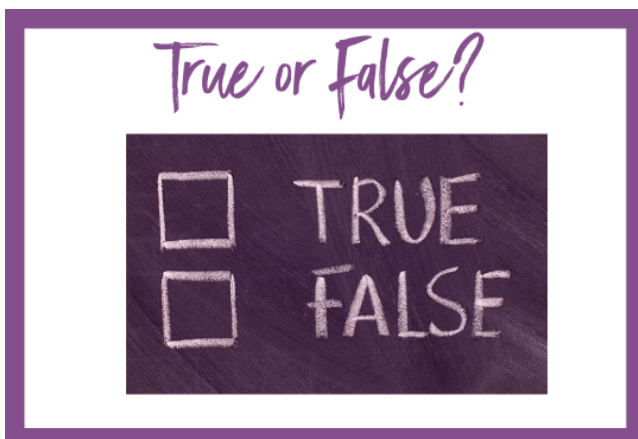


Naming your critic allows you to see it for what it is. When you name your critic it loses some of its power because you are acknowledging that you are not the problem.

The real problem is that you believe everything the Inner Critic is telling you but that voice is NOT a reflection of reality. It's a viewpoint that you've adopted.

When you hear it doing its thing, don't act on those views - STOP and take a breath to gather your thoughts.

## TRUE OR FALSE



Ask yourself is the statement being made by your inner critic true, false or don't you know the answer?

If it's true, then think about how you can learn from it and take action to make a change

It's if false, then try your best to discard that information, mentally throw the comment away

If you don't know, then do what you can to find out?

## CHEERLEADERS



Imagine that you have a team of cheerleaders you can turn to when your inner critic starts.

Who are the people close to you that you trust and you know think you are more than capable, a partner, best friend, children? Imagine them cheerleading you on.

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## RIDICULOUS



You could imagine your inner critic as a ridiculous character, with a ridiculous name.

This also helps to separate the inner critic from you with its own voice rather than being a part of you.

Make the character something that you can laugh at that has no credibility with you. Because after all what it is saying is usually ridiculous

## WRITE A LETTER / EMAIL



Now you've named your inner critic you can write to or email them.

Thank him / her for what they've been trying to do and let them know that it's time to distance yourself or to part company.

## TURN DOWN THE VOLUME



Picture a volume dial or a mute button in your mind's eye.

When you hear your inner critic loud and clear, reach for that dial and turn it right down or press mute!

Remember.....

It is only you who gives all the power to your inner critic

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