



Curbing Your Inner Critic

How you feel about yourself depends, to a surprising extent, on self-talk, the never-ending commentary that goes on in your head about what you do, think, feel and say.

Much of this self-talk is negative, the voice of a “critical parent” that is often much more negative than your actual parents ever were.

The first step in unhooking yourself from this inner critic is to simply become aware of it.

If you were as perfect as you wanted to be, how would you describe yourself? Using 10 words or less, write a statement that describes your ideal. Perhaps you would say “I’m a beautiful, loving and valuable person.” We’ll call this statement an “affirmation.” Write this statement in the Affirmation column.

AFFIRMATION	INNER CRITIC

What did your inner critic say when you wrote your affirmation? Write that criticism in the right column. Now write your affirmation again, listening for the voice of the inner critic and writing that down in the right column. Do this 10 times.

You may be surprised at how negative your “critic” can be. Take the worst comment and turn it around: For instance, if it says “You’re stupid and wrong,” write “I’m brilliant and right.” Pick three or four of your negative phrases and turn them into affirmations.

Choose the affirmation you like the most and write it in the space above. Cut it out and tape it on your bathroom mirror, your refrigerator or your workspace.

