

5 Steps to Tame Your Inner Critic

Step 1: Write down an example of when your inner voice was critical of you (examples: lost important paper, late finishing project for work, while at the gym, before auditioning for the play)

Step 2: Write down what your inner critic said to you (examples: “you are stupid”, “you will never get a raise”, “you won’t finish your work on time”, “you’re going to get fired”)

Step 3: Explain how you felt when your inner critic judged you or put you down (examples: angry, not good enough, afraid, inferior)

Step 4: Discuss how you would rather feel (examples: confident, good enough, courageous, as good as)

Step 5: Write a more positive self-statement that feels better

(Examples: “Sometimes I lose things, but I am getting better at organizing my stuff”, “I hate turning my projects in late so I will get organized and ask for help when I need it”, “I will calm my anxiety and get done on time”, “I will do my best”, “I will practice being kinder to myself”)

Repeat Steps 1-5 for 2 other times your inner voice was critical of you

Practice noticing what your inner critic tells you and creating a more positive statement each time.

Visit www.TheBrainLady.com and sign up for a free, 3-part video training on how to destress instantly. You may feel less critical of yourself when you feel less stressed! Plus you will be able to get things done faster and concentrate better when you turn down your stress response.

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