
Meet Your Friend the Inner Critic

Many people will tell you to fight your inner critic because she wants to control you, tells you lies, and stifles your dreams. They're wrong. She's a dedicated member of your inner family with the thankless job of protecting a young part of you who holds shame and a belief that she's not good enough. Befriending her helps her relax; she realizes you are listening and can work together with her to protect the vulnerable little one.

Find your friend the inner critic:

Think of a time when you replayed a situation, beating yourself up for something you said or did. Notice the thoughts, emotions, and sensations that arise; these belong to her. You're beginning to connect with her.

Unblend from other members of the inner family who don't like your critic:

The voices telling you to shut her up or challenge her lies come from other members of the inner family who fear the critic or hate what she does. Ask them to step back. Let them know she means well and is just trying to protect you from feeling shame.

Befriend your dedicated inner critic:

When your heart is open and you believe she means well, let her know you appreciate her.

It helps your heart to stay open when you remember she is focused on the vulnerable young part of you who was shamed and criticized by someone in authority. The little one did not get the help she needed to process her big emotions. She was left believing she's not good enough.

Ask the critic if she likes her job. (Chances are, she doesn't!) She might like a new name; ask if she'd like you to call her something other than "critic." Her fierce energy matches the intensity of the pain held by your young, wounded part. Ask her what she needs from you.

This is just the beginning!

Relationships require time and attention. Whenever you notice her presence, turn towards her. Thank her for her commitment to protecting you from shame. Invite any parts who dislike her to step back so you can spend time with her. Allow her to feel your confidence, clarity, compassion, and courage.