

Tools for Disarming the Inner Critic

- Find out where it originates. When did you first hear/ believe this judgement? Who said it?
- Laugh at it. Listen to it, then realize how ridiculous it sounds. Make fun of it.
- Say that same thing (in your mind) to someone you love. Show it for what it is: cruel & unkind.
- Ask it how it has arrived at that conclusion/ opinion. Expose the chinks in its reason.
- Flat out refuse to let it have any authority over you. Tell it to keep its opinion to itself.
- Don't take it personally (Toltec wisdom). We tend to believe this voice is wise and all knowing. It's actually completely chicken shit.
- Write it down and take a step back. Notice how ludicrous it looks from there.
- Tell it to take a hike. No, really. Tell it that it is not allowed an opinion today.
- Read *The Untethered Soul* by Michael Singer.
- Google *disarming the inner critic*: tons of info.