



Our 'inside critics' have intimate knowledge of us and can zero in on our weakest spots.

Susan Kennedy

INNER CRITIC TYPES

Relentless, self-critical, often humorless, self-berating, and controlling. Inner Critics use SHAME to try to whip you into shape, to make you feel or be a certain way to get social survival needs met. You may not be aware of your Inner Critics as they may have such a strong hold on your Inner Dialogue that you believe they are actually who you are as person. Tend to use 'should' a lot.

PERFECTIONIST sets impossibly high standards for things and has difficulty saying something is complete

MOLDER tries to get you to fit into a certain mold based on standards held by society, your culture and family

GUILT-TRIPPER stuck in the past, unable to forgive you for wrongs to self or others; uses guilt to control you in insidious ways

TASKMASTER fears you may be mediocre or lazy and will be judged a failure; can trigger Procrastinator Part

UNDERMINER makes direct attacks on your self-worth so you will stay small and not take chances, fears outshining others



DESTROYER pervasive attacks on your worthiness, lovability and even your right to exist (shame attacks and suicidal ideation)

INNER CONTROLLER berates you and tries to control your impulses to a fault: eating, drinking, sexual activity, etc. Temporarily gives you sense of control and safety in an unpredictable world

IMAGE CONTROLLER obsesses and may invite others to criticize you too, as if to 'beat them to the punch.' Distracts from core wounds of not knowing how to ask for needs and wants in order to feel loved

Inner and Image Controllers are convinced they can control others' love and acceptance by controlling your appearance. The Inner Rescuer/Enabler tends to step in and rebel against these Inner Controllers by sabotaging diet plans and other goals.

**Your Inner Critic reaffirms untruths
about yourself that you have
internalized to be true.**

Athena Laz

BUILDING AWARENESS

What thoughts are you having in this moment? Freewrite all your thoughts without editing.

What are your thoughts on these thoughts you are having? How are you feeling towards them?

What are the first thoughts and images that pop up when you imagine what you're self-critical of?

List 5 of your common inner critical thoughts you are noticing now or have noticed recently

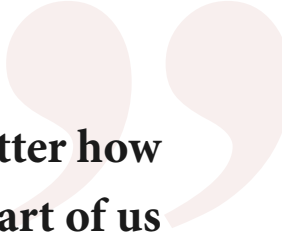
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We tend to believe Inner Critic, no matter how irrational and berating, because it's been a part of us for as long as we can remember, since about age seven.

Inner Critic is typically the most noticeable part of our inner dialogue. It is quick to judge and it tends to have an all-or-nothing belief system. Notice the tone of your Inner Critic. Mean, worried, berating, judging, snappy, cold, stern, whiny, etc.?

Does Inner Critic sound like anyone from childhood, maybe a parent, family member or teacher?

If you could visualize this Inner Critic, what do you imagine it would look like? A certain animal, or perhaps yours is more of a profession, person or character, such as a parent, judge, professor, detective, or dictator?

What are you MOST critical about lately? It could be something personal, a behavior, failure, choice.

Grieving helps shrink the critic I repeatedly point out to clients how the work of grieving their childhood losses [emotional neglect] helps release the painful feelings (especially fear, shame and depression) that fuel the assaults of the critic.

Pete Walker, MA

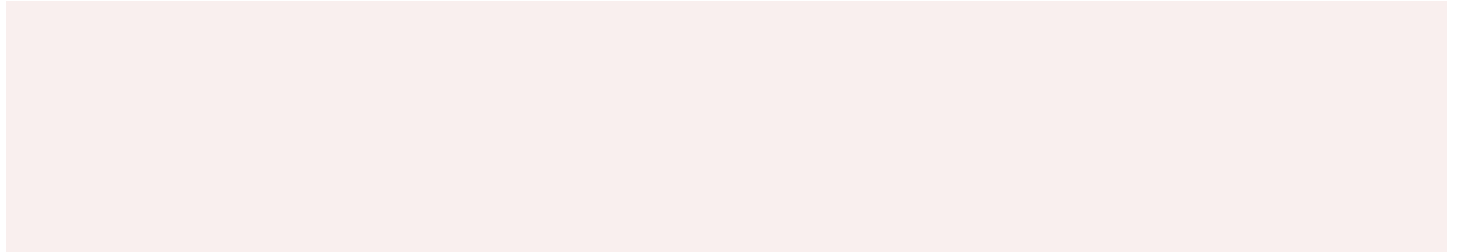
What is it about this that is important to you (we tend to be self-critical about things that are important to us)?

Ask Inner Critic what it is trying to protect you from by criticizing you about this?

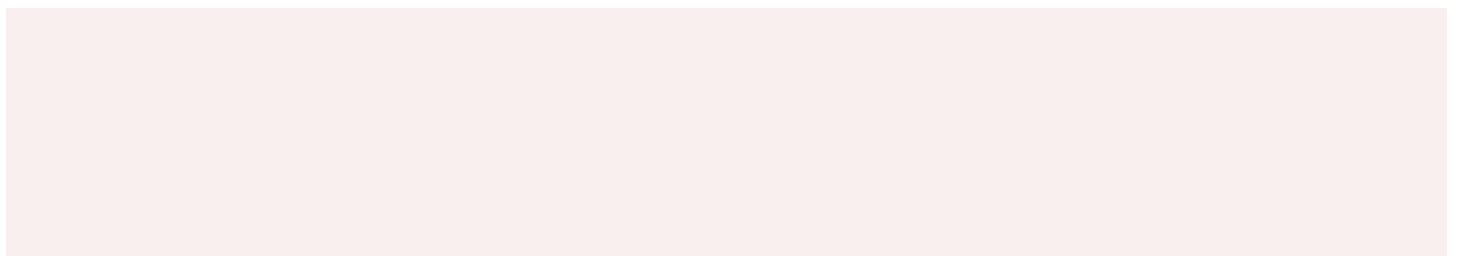
What does it fear will happen if stops criticizing you? Does it think you will be too hopeful, too vulnerable, let-down, hurt, sad, etc.?

Envision the first time you may have had this self-critical belief or fear? How old were you? What happened? Describe details

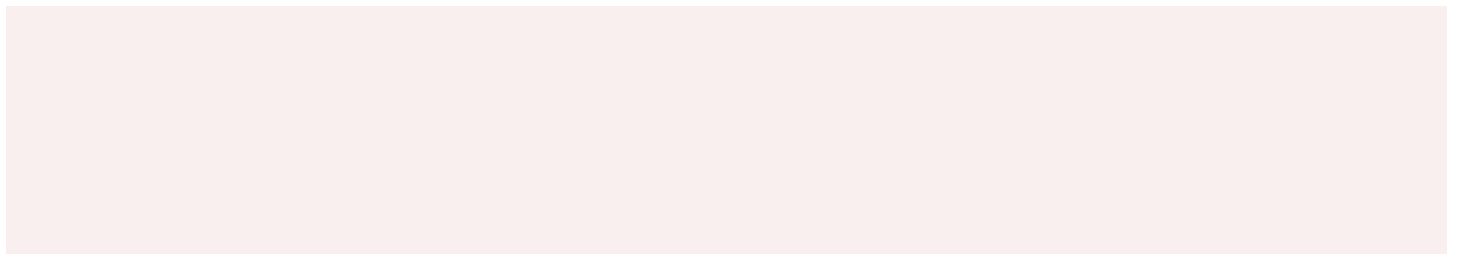
Are you noticing a part of you that rebels against Inner Critic? For example, if Inner Critic thinks you're lazy, you may observe a part of you that doesn't want to work or wants to procrastinate. Describe any thoughts, beliefs or feelings like this you're observing.



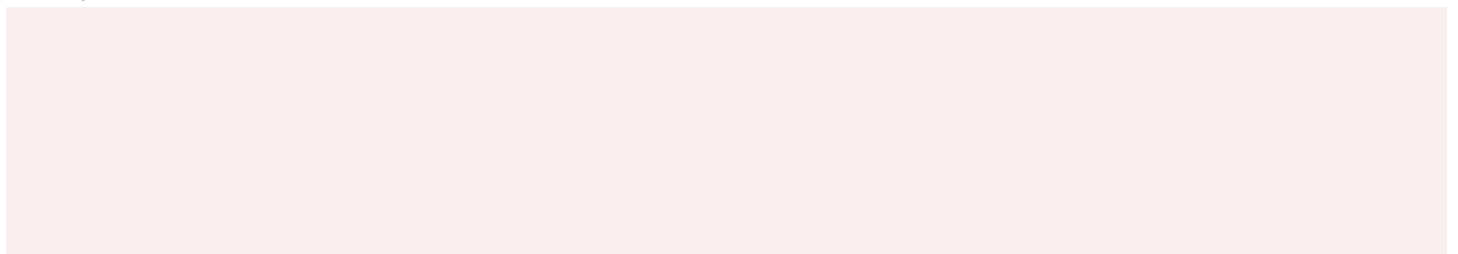
Imagine what this rebelling or opposing aspect of yourself would look like? A certain animal, or perhaps yours is more of a profession, person or character, such as a teenager, hippie, politician, or a sloth? Give it a name and describe images of it that pop up for you.



Allow your Inner Critic to let you know what else it's mad at you about or what choices and behaviors it's disappointed about.



What does your Inner Critic believe is most important concern that needs to be addressed or changed ASAP?



Can you make any changes now or plan to make changes to help improve this aspect of your life?

How does it feel to try to honor and understand why this Inner Critic aspect of yourself is so rigid, berating and overly critical?

Who or what does your Inner Critic want to blame the most for having to be so rigid and hard on you, rather than supportive and inspiring?

Let your Inner Critic know that the battle of past traumas and disappointments are over. You get a fresh start now. How does this feel?

Ask Inner Critic if it trusts you to lead it with respect, understanding and guidance (with Wise Mind). Does it trust you? What doubts, concerns, criticisms or other types do you have?