

## CATCH: STEP-BY-STEP PROCESS TO WORK WITH INNER CRITIC SHAME



### CATCH

In each moment, as you notice an Inner Critic remark, CATCH it. Instead of continuing to allow this aspect of your mind to get away with its influence, you are learning to CATCH it in the act.



### ACCEPT

Unconditionally ACCEPT and embrace the thought or belief that Inner Critic has, such as "I am not worth it" or "Everyone disappoints me." Simply notice and ACCEPT without fighting it, avoiding it or resisting it.



### TRANSFER

TRANSFER it to a "You Statement" instead of an "I Statement." For example, instead of "I am not worth it." Change to "You are not worth it." This separates you from your Inner Critic so you can observe it and begin to work with it. Otherwise you are powerless, stuck, and enmeshed with it.



### CHECK INTO (EXPLORE DEEPER MEANING)

CHECK INTO this Inner Critic remark. **Ask the following questions:**  
Is this a fact or opinion/belief?



How does this fact or opinion make me feel? Describe emotions and bodily sensations.

When is the first time I formed this fact or opinion/belief of myself (young child, teen, adult)? Describe.

What do I fear may happen if I let go of this fact or opinion/belief about myself?

What is it trying to protect me from (heartbreak, being fooled, failure, having too much hope, being too emotional, disappointed, pain of let-down, anguish of being rejected, humiliation, etc.)?



### HONOR & NEGOTIATE

Honor Inner Critic's service. It takes its job very seriously and in many cases Inner Critic believes your very survival and/or success in life depends on it. It is essential that you HONOR this part of self, rather than shame it more. Be grateful for Inner Critic's hard work. This is a part of you that likely DISLIKES its job. Honoring self is **self-esteem** in action. **Esteem, by definition, is respect, honor and appreciation.** NEGOTIATE and guide Inner Critic learn to be more of an Inner Mentor (an experienced and trusted adviser) that coaches and mentors you without berating, ridiculing, or feeding you fear-based beliefs. NEGOTIATE for ideal guidance.

**How would a wise, mentor advise you on the fact or opinion/belief that Inner Critic has?**

**For example,** instead of "Everyone disappoints you," an Inner Mentor would say, "I know you've been disappointed by people a lot, and this sucks, however, by learning how to choose the right people to trust and learning boundary-setting skills, you can find ways to ensure more fulfilling relationships, and reduce the risk of being disappointed again."