


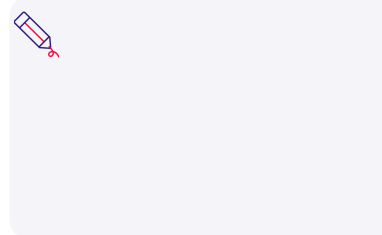
How to quieten your inner critic

Who is your inner critic?

Your inner critic is the negative self-talk that we all experience – it might be something you experience every day, every week, or more occasionally.

Knotty moments of our squiggly careers become a breeding ground for our inner critic – fuelled by uncertainty, change, and feeling out of control. We should recognise this and take practical action rather than ignore it.

When does your inner critic shout the loudest and what does it sound like?

4 ideas for action to dial down your inner critic

1. Self-distance from it

Self-distance from your inner critic by asking why questions.

This will help turn your inner critic into your inner coach.

ex. *Why does your inner critic fear that stepping back means going backwards?*

2. Give it a name

Recognise that although your inner critic is a part of who you are it is not all of who you are.

Befriend your inner critic and address it by name.

How else can you "make friends with your fear"?

3. Get to know it

Understand the relationship between your inner critic and your inner child (what good/bad you learnt as a child)

Speaking to yourself kindly helps to reparent your inner child.

Write a letter to your inner child (so it feels heard)

4. Distract it

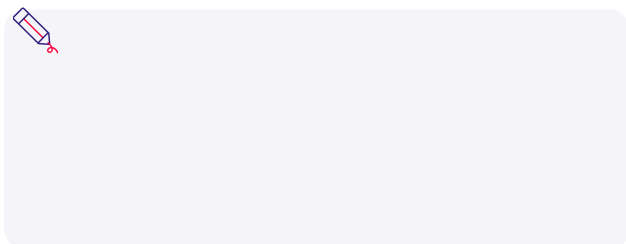
Distract your inner critic by doing something positive that uses a different part of your personality.

If you take an action you feel good about you'll start to turn down the dial.

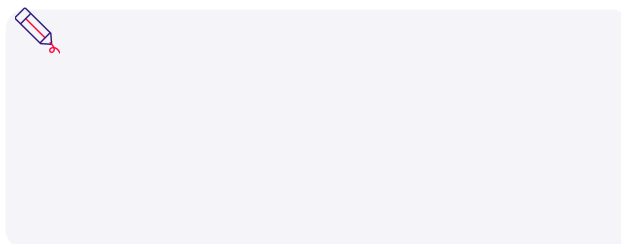
What's something different you could explore?

Coach yourself questions

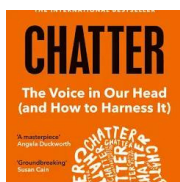
Which idea for action could help dial down your inner critic the most?



Who could help support you with your inner critic and how could you support them in turn?



Recommended resources



[Chatter: The Voice in Our Head and How to Harness It](#) by [Ethan Kross](#)



[Know your inner saboteurs](#) [TedX talk](#) from Positive Intelligence founder [Shirdaz Chamine](#)



[Squiggly Careers Podcast](#) [Building up your self-belief](#) with [Ethan Kross](#) #254