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## Inner critic makeover worksheet

Are your inner critics holding you hostage in a career that you don't like? We all have an inner voice of self-doubt whispering or screaming us down. But that doesn't mean you have to allow your internal critics to control your life. You can recount your inner critics, put them back in the box and conquer your career and life! What is An Internal Critic? According to the psychologist, Dr Margalis Fjelstad, your inner critic is the voice of self-doubt formed during your childhood. Fjelstad believes internal critics are the voice of your parents. Parents who talk to their children with caring virtues nurture a positive internal voice but overly critical parents can create a negative internal voice. A child feels when parents are happy, angry, encouraged or critical and extinguished this information because they are thinking about 'who am I?'. But Stanford University Professor, Shirzad Chamine, said although children with perfect childhood were happy to develop up to nine internal critical voices, called 'sabotage'. His research suggests everyone has their master judge sabotage and at least one extra sabotage. Source 9 Sabotage: Know Your Internal Sabotage - Professor Shirzad Chamine Sabotage develops as the mechanism prevails. For example, if you grow up in a chaotic environment, you can develop a control voice to help you feel safe. They become invisible sabotage in your head pretending they are you but they are not really you and that's how you forget who you really are, says Professor Chamine. The same voice that judges you, others judges, too. In adulthood, internal critics give a lot of energy trying to remember things we can't do and leave us feeling lower and less deserving of happiness. But there is a counter agent for sabotage. This is a positive internal voice Professor Chamine calls Sage. It is our true nature, which we know as a child, who believes we are capable of, creatively and wants us to thrive. The challenge is how you silence critics, so you can hear the sage? Source: Source: Know Your Internal Sabotage - Professor Shirzad Chamine How Do I Conquer My Internal Critics? In TED Talk Your Inner Critic is Big Jerk, artist Danielle Krysa recounts how she developed her inner critics. As a child, he likes to paint. When she left school, she enrolled in art school and was asked by her professor to hand over artwork for criticism. This is a great opportunity for Danielle to get precious counters from experts who are so hard-working and hand over his best work. For the next 45 minutes, classmates Danielle and Professor gave their uncensored opinions and tore her artwork to the shreds. In the end, her professor said, 'you can't paint anymore'. Danielle listened and for 15 years didn't take a paint brush. Instead of pursuing her love of paintings she went to advertising as a graphic graphic then artistic directors. Many years later, she questioned what happened to her love of paintings? This sparked the idea of researching and writing books about the role of internal critics. As part of his research, he reached out to other artists and asked how he handled the criticism. Nobody can wrest the pencil out of your hands. You can keep going in absolute deficit, the artist said. When Danielle heard this, she cried. More than 15 years after that experience at university, I realized it wasn't my professor who stopped me. I did it. It was my responsibility to take my paint brush and do it the next day and the day after. That was the day I decided my internal critics were no longer responsible, danielle said. There are three steps you can take to conquer your internal critics. 1. Know Thy Enemies To conquer your internal critics, you must identify it. Pay attention to the voice that appears when you face a daunting challenge. What internal critics are you trying to tell you? Which of the nine sabotages holds you in a fixed mind, believing that you are destined to fail? Consciously there are often obvious internal critics (your judge) are also quiet whisksers (nine sabotages) who are harder to hear who undermines your confidence. 2. Talk to Your Enemy Realize that you have a choice. You can listen to and accept what your internal critics tell you or you can challenge it. You weaken your sabotage by exposing and labeling them, Professor Chamine. One exercise you can do is write criticisms of yourself rather than My statement, rewriting them as your statement. So, instead of writing I'm not going to get that job, I'm pretty good, write 'You're not going to get that job, you're not good enough. Have you ever said such a thing to someone else? Probably not. Use this exercise to re-evaluate whether this statement is true. Then speaking back to your inner critics in the minds of growth (you can do this in a diary or somewhere private, it doesn't mean throwing yourself away on public transport!). Danielle Krysa suggests giving your inner critics a name, something cute and not threatening to help you make peace with it. Hello Frank, did you call me a failure anymore? It's possible that I might fail but actually, a lot of very successful people have failed and learned from the experience. I will try my best and learn from experience. Use these exercises to foster a better, more compassionate attitude towards yourself because you will treat others. 3. Listen to Your Sage Even if a successful person has an internal critic, but the trick is to know when to listen to it and when to adapt. Every outcome or circumstance can be an opportunity, even those you might consider a failure. In my blog What Mind Is You? I'm talking about how to cultivate a growth mind. That is, when you are not At first, instead of labeling yourself a failure, think I'm not there yet but I learned. To silently criticize their inner critics, I encourage my clients to attend at the moment as internal critics focus on future consequences. Often the consequences are not my clients' faults. For example, they might nail a job interview, but the panel decided that another candidate was more appropriate. They can't control the result, so it doesn't make sense for them to criticize their own best efforts. Another way to push volume on your internal critics is to practice awareness. Professor Chamine says only 10 seconds of awareness several times a day can dramatically increase your potential to listen and respond to your sage. It may feel the heartbeat of your loved ones because you give them a hug or feel the sun behind you as you walk. Tuning into small details strengthens your brain so you can hear your authentic voice. You can also practice awareness by take the time to acknowledge your good work. One of my clients tends to get past success quickly he doesn't experience that joy. I always remind him of his acknowledgement and breathe in that feeling for a while. This helps against internal voices as it is challenged by success stories. Try a sense of compassion for yourself and others. Know that you won't talk to others the way you talk to yourself and ask yourself why you are being devoted. Realizing your value is not determined by your career success or failure – you deserve it just to be you. This will make you energetic and positive. Don't be hostage by your internal critics. Take the challenge. Be willing to learn from mistakes and listen to your sage that knows your values and potential. Are you ready to cenerate your inner critics and conquer your career? Book a career breakthrough conversation with me today. To learn more about how to disguise your critics: Watch Your Inner Critics are Big Jerk Know The Internal Sabotage You Read We all know this voice in our heads that is always criticizing, belittles, and our judges. This voice has many names: internal critics, judges, sabotages, superegos. Within the CBT framework, its activities are concluded as automatic negative thinking (ANT). Relentless conversations of destruction are also described as negative self-talk. Our internal critics can be cruel and very damaging to force. Its strength and impact determines our overall mental well-being. The voice of destroyers in our heads never hearts and can land and spoil anything we can achieve, no matter how impressive. It grows negative, spreads dissatisfaction and worse in our lives. Fortunately, there are many effective strategies to undermine its power. Before you read, we think you might want to download our three Compassionate Training for free. This is detailed, detailed. Training will help you improve the compassion and kindness you show yourself and will also give you the tools to help your customers, students, or employees show more compassion for themselves. What is Internal Critics? Internal critics have been given many different labels. Various theories, from psychoanalysis to neuroscientific models, describe its origins and suggest strategies on how they can be silenced. Sigmund Freud Most psychologists agree that the roots of our internal critics will be found in childhood. The founding father of psychosanalysis, Sigmund Freud, describes the formation of our superegos as a process in which we internalize our outer views - mostly our parents (Freud, 1915/2001). At the same time, we receive broader social expectations and ethical norms, and begin to generate ideal egos - which we then frequently fall short. Superego Freud can be ruthless and self-flagellating force, which targets punishing and tyrannizing egos. If our superego is excessive, we spend most of our psychological energy on internal warfare and have little to give to the outside world (Freud, 1915/2001). We might assume ourselves unqualified and unfriminished, and expect the world to see us that way as well. We may be more likely to abuse material for this relentless numbing of reargine in our heads. Brains and internal critics A more scientific explanation of the origins of internal critics detects it in certain parts of our brain. More specifically, scientists argue that we have a primitive survivor's brain that includes brain stems, an older part of our brain assigned to physical survival and a struggle or flight response to harm. This part of our brain is very stunted for danger. Hyper-beware, it's always looking for threats. It is earnestly comparing and different and finds we want to. It also involves the limbic and amygdala systems, which control our emotional response, and can trigger the release of stress hormone cortisol (Chamine 2012, p. 211; Peters, 2012). Originally, our internal critics had a positive function: to ensure our survival. This includes not only detecting danger in our environment but also internal work in the form of psychological mind manufacturing. In particular, it involves building a narrative about ourselves and others that can be bear. For example, children who feel disinterested, are constantly criticised, or victims of abuse will tend to blame themselves rather than their parents. Since children rely entirely on their parents for survival acknowledgement of unfair parenthood, cruelty, or inconsistencies is simply too devastating. It is safer for children to turn criticism into rather than going out and to blame themselves for the calamity experienced. But what might be justified Mechanisms in childhood can turn into a truly debilitating disability in adulthood (Chamine, 2012). Cognitive Behavioral Therapy In Cognitive Behavioral Therapy (CBT), internal critics are not given gestalts or certain names but reduced to its output: automatic negative thoughts. ANT, on the other hand, is driven by our core beliefs. We can think of our automated negative thoughts as expressions of dysfunctional assumption situations and negative core beliefs about ourselves (Beck, 1979; Beck, Freeman, & Davis, 2015; Beck, 2005; Beck, 2011). The original function of our core belief is to help us make sense of our experience, but they can be counterpartive or even dangerous later in life. A common core belief that is dangerous usually comes in my rigid form..., People are..., and the World is... Statements. In the sense that they are very bound by our internal critics. We can, for example, think that we cannot be be dear - or bad, nasty, not good enough, inefficient, ugly, stupid, or exist impaired in other ways. Our internal critics will then always post traceable messages back to this troubled core belief. Limiting the core belief sets the rules we live in and, most notably, determine the tone of our self-talk. To challenge the style of CBT our internal critics, we must strive to resist what is rationally telling by facing objective facts (Burns, 1980). This involves taking it seriously what internal critics tell us and trying to convince him logically that it is wrong. This method resembles journalistic fact-checking exercises, designed to reply and discipline fake news. Acceptance and Commitment acceptance of Commitment Therapy and Therapy (ACT) offers a very different approach. It focuses not so much on changing our cognitive and negative beliefs but recommends otherwise that we accept them and then try to let them go (Hayes, Strosahl, & Wilson, 1999). The ACT's approach to debuting our internal critics accepts that we have significantly lower control over our thoughts and feelings than we like to think. Russ Harris (2008), for example, shows that we just observe and accept what our internal critics are saying and then trying to let it go. He treats internal critics such as mind conversations and seeks to distract from the content (what to say) to shapes (an insiginate sound in our heads). Most importantly, we must observe and label our internal critics by recognizing when it speaks and how it colors cognitively and shaping our emotions. That way, we separate the voices of internal critics from our true essence. We are not this negative thought. 8 Real Life Examples Once we start paying attention to talk of ourselves and critical voices in our heads, we may be surprised by their negatives and even cruelty. Internal critics can say things like, You are big, fat, lose, and you never accomplished anything in your life. It can say, Nobody likes you. You don't have friends. It may always draw attention to the faults and deficiencies seen by us. It probably tells us we are stupid, ugly, very flawed, and uns loved at our core. It can overflow our achievements, sack them as luck, error, or accident. It may be contemptary, arrogant, or hateful. It may worsen us for past mistakes or spread us by insulting words nowadays. It is the reason for regret, anger, anxiety, guilt, and shame. The role of Internal Critics in Internal Critics Concern also has the power to make us feel constantly anxious. Hyper-be careful, it may be helpless to see and show danger, both to our physical and psychological health. It can be catastrophist, split, exaggerate, and exaggerate the bad and minimize good in our lives. It may be involved in reading paranoid minds, describing bad motives to the words and actions of others. It may live in the constant expectations of punishment and fall from grace, and set signs of loss of love and affection in our interactions with others. Hyper-sensitively falsified by danger signals and with a relentless focus on what can happen, it can instill in us the chronic anxiety. Various studies have investigated the link between concerns and strong internal critical voices (Southcott and Simmonds, 2008). 5 Training and Activities to Challenge Your Internal Critics 1. The ACT Approach The most powerful way of learning to debut our internal critics is to adopt the ACT approach. This approach requires identifying internal critics, labeling it, observing what is done without judgment, and then letting it go. Every time we recognize the voice of our internal critics, we may practice the thought of Thank you, internal critics. When it sped us with unseen thoughts, we can resolve not to take the content of this thought too seriously. We can say, Here are internal critics yet, doing dirty work. Even better, come up with a more specific name for it. We can call judges, sabotages, wolves, demons, or whatever label fits in a unique way in which it tends to provoke admiration in our heads. When we observe it in action, we may want to remind ourselves that our thoughts are just our words and beliefs are just: beliefs, not facts. They are nothing more than the endless noise we chat minds. We are not thoughts - we can defend ourselves from them. There is a big difference between thinking I'm ugly and stupid, and think my internal critics suggest I'm ugly and stupid. That way, we can create a distance between thought and ours, and observe thoughts more objectively. 2. Positive Intelligence Approach In Positive Intelligence: Why Only 20% of Teams and Individuals Achieve their True Potential and How You Can Achieve You, You, Chamine (2012) analyzes what she calls judges and accomplice sabotage in detail. The judge (another label for our internal critics), Chamine suggested, very strongly. The judge prompted us to constantly judge not only ourselves, but also to criticize others and our circumstances. Chamine, too, believes that labelling our inner judge and observing it in action is the first step not to dissuade it. Whenever we see ourselves judging, we have to say something like Ah, there goes judge again. That way, we are crediting what it says. In addition, Chamine recommends that we strengthen the brain wisely, consciously diverting our activity from our survivors' brains (which include brain stems, limbic systems, and amygdala province) to the middle flight attendant cortex, empathy circuits, and our right brain (Chamine, 2012, p. 212). We can do this quickly and effectively with the help of short exercise that centers our attention on one of our senses. Training involves a focus for a minute or two on our breath, on sounds near and faraway, or on a sense of touch, ideally repeated during our busy days. This exercise works because they take us out of our heads, anchor us in our body and this time, allowing us to feel empathy with ourselves and others, and reconnect us with our emotions. The Chamine system is very effective not to dissuade our internal critics - whatever form they take and whatever we might want to do that. Compassionate, he argues, always trumps self-esteem. Melissa Ambrosini How Your Inner Critics Hold You Back we can do this more quickly and effectively with the help of short exercise that centers our attention on one of our senses. Training involves a focus for a minute or two on our breath, on sounds near and faraway, or on a sense of touch, ideally repeated during our busy days. 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