**QUIET YOUR INNER CRITIC**

If you’re less familiar with this voice, set up a timer to record your thoughts once an hour for a single day. What comes up for you? What does it say? What does it sound like? Are there any repeating thoughts?

What feelings, physical sensations or emotions come up when you listen to this voice?

Why does the Inner Critic exist? What is its purpose?

How would you be different without the inner critic? Who would you be without that negativity motivating you? What if you could be motivated and make decisions based on your highest good, goals and desires?

Steps to Quiet the Inner Critic:

1. **Acknowledge the voice that’s talking to you.** Directly address it and let it know it’s being heard. Imagine trying to ignore a child. The kid just gets louder and more annoying until you pay attention. This is exactly what happens with your inner voice. Let it know it’s being heard.
2. **Get curious.** Instead of looking at the critic with judgement (thinking that it’s bad or that it’s right), get curious about it. Wonder, “Hmmm, why are you here? What are you trying to tell me?” Does that voice sound like anyone in particular? Sometimes we realize the voice is similar to a parent, a former teacher or boss or someone else entirely that isn’t our own voice. Check in with your body by doing a body scan and notice any tension or cues. Are there any feelings surfacing?
3. **Thank the voice.** This might seem silly, but you can thank the inner critic for what it’s trying to do. It’s trying to do its job and is doing the best it can. Tell your inner critic, “thank you for trying to keep me safe.”
4. **Take charge.** Prove that you can take care of things. We teach people how to treat us. I tell my inner voice, “we don’t say mean things, we speak kindness here.” Communicate that you are capable of handling the situation and you got it from here. Be the bigger person, and navigate the situation from your higher, stronger self.
5. **Communicate the plan.** You can recruit her to get on board with you, if you let her know where you’re going and how you plan to get there. Often, this calms the fears and worries in your head and lets you move on. It can be as simple as “I love these yoga pants; I feel great in them and I don’t care what anyone thinks!”

What else could motivate you other than your fear or negativity? What else is available to you?

Imagine that other type of motivation. What feelings, physical sensations or emotions come up when you listen to this voice?