

PRAESTA

Taming Your Inner Critic

How confident are you feeling about facing the challenges of the coming months? If you have doubts, where are these most likely to come from?

Many of our coaching clients talk about their inner critic raising far more doubts than any external source. They may view their inner critic as a positive force that has helped them scale great heights. But this comes at a price if the critic is never satisfied. Constant self-criticism can feed self-doubt and insecurity, which holds us back from being at our best.

As you gear up for the next challenge, might you reflect on the following questions, perhaps noting down your answers, and periodically re-reading them?

Notice what's happening...

- What would an observer say if they heard you and your inner critic talking out loud to each other? Would they give your critic as much credence as you do?
- Do you show to yourself as much compassion and kindness in living with your imperfections as you seek to show to others?
- Is there someone in your past who is exerting a critical influence that you no longer need?

.... And decide on ways to respond

- How have you tamed your inner critic in the past, or held it at bay?
- What helps you step away and regroup if the voice of the inner critic grows too loud?
- How might you limit your time ruminating about the past, since you can't now change it?
- Who can you share experiences with - since you are definitely not alone in having an inner critic to deal with?

None of this is easy. Brain patterns forged over many years can't be broken in an instant. But with practice we can choose how we relate to the constant chatter in our heads - and there are tools and resources we can signpost you to

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