



Final Thoughts on Your Inner Critic

Choose your language carefully

The brain doesn't hear words like 'less' or 'not' i.e. I want to be less stressed (all it hears is stressed!) so instead you might say I want to feel calm.



Try a Power Statement

Affirmations are great....but if they seem to much of a stretch then your brain will discount them or worse look for examples to discount it. Choose something that is believable AND powerful eg "I am capable of hard things"

Get out of your head

Ping an elastic band on your wrist when you notice your inner critic, give someone else a compliment (great way to lift your mood), put some uplifting music on (create a playlist in advance), move your body in a way that feels good and/or get some fresh air or change environment.

Make Yourself a Brag File

It can be tricky to access positive thoughts if your inner critic has got its grip on you....keep a note of compliments, things gone well etc so that you have them ready to remind yourself.

Know Your Brain

Remember your inner critic is normal - it's your brain doing what it is supposed to i.e. keep you safe...it just got a bit mixed up about the threat!