



## 10 things to know about your Inner Critic, to help you break free from its grip, move forward and thrive in life.

1. **Recognise it:** The inner critic is that voice in your head that makes you feel small, bad, wrong or good enough. It's the voice that tells you to ignore your real needs, and scoffs at your desires. It's full of 'I should's', and makes judgments about you being worthy or unworthy, or loveable based on certain conditions. It's relentless, and exhausting. It never gives you a break, or lets you be human.
2. **It has many different faces.** It can range from smaller 'corrections' or self-censorship, to vicious or abusive verbal attacks in your own head, that cause terrible shame and suffering. It can be an inner narrative in the background as you go about your day, or it can flare up in particular situations.
3. **It's NOT who you are.** It's not the real you, even if it *feels* like it is. It's part of what you absorbed from your family, environment and culture, while growing up.
4. **It's not telling you the truth,** though it seems real. It's a layer of lies, fears and false beliefs, that you need to recognise and unpeel, to access your true nature.
5. **It's totally normal to have an inner critic.** It's a natural part of human development, becoming socialised or 'civilised', by adapting to your family of origin and in wider society.
6. **Why is it there?** It developed to protect you while growing up, to keep you feeling safe and secure, and connected to those you depended on for your most basic needs. You were defenceless back then and had no choice: you *had* to conform to outside expectations, norms, and values, to stay in the tribe.
7. **Remembering it originally had positive intentions,** and comes from childhood wounds and adaptations, can help you come to terms with it and move past it, rather than adding another layer of self-criticism about it.  
  
You were a tiny defenceless child, so cut yourself some slack.
8. **The inner critic is pernicious!** - Sneaky as hell, and covert... It can be a clear voice or inner dialogue, but it's also more unconscious and subtle. It can show up as a sinking, uneasy feeling of being somehow wrong, unworthy, unlovable... that's also woven into your emotions, body sensations and nervous system.
9. **The bad news is,** it will always be operating in some shape or form, throughout your life, so it's really important to recognise that, and not criticise yourself for having a critic. Beating yourself up for beating yourself up is not the solution!
10. **The good news is** there are lots of creative ways to neutralise and disarm your inner critic, so you can move forward despite it.

## 10 Strategies for Neutralising your Inner Critic

---

- ⊙ Consciously get to know it, and yourself, more.
- ⊙ Start recognising how it's not true.
- ⊙ Commit to consciously neutralising it: block it or answer back.
- ⊙ Take refuge in your body: get out of your head, and into your heart.
- ⊙ Take refuge in the here and now: anchor yourself in present reality.
- ⊙ Soak up and boost any positive thoughts or sensations.
- ⊙ Grieve your past losses, and feel your feelings.
- ⊙ Attack it with humour: undermine its seriousness with silliness!
- ⊙ Annihilate it with large doses of self-compassion, kindness and love.
- ⊙ Enlist support from friends and allies, for your courageous endeavour.



My name is [Delphine O'Keeffe](#), I'm a psychotherapist and coach, and a guided meditation leader.

I guide women to get to [know, love and trust themselves](#), and be able to do and say what they need in their key relationships, while feeling good about themselves in the process.

I work with you to build the solid foundations [you need](#), to [alchemise self-doubt into sovereignty and self-belief](#).

---