



Episode 197: How to Deal With Your Inner Critic

Quick Dip Episode

Setting boundaries is one of the most important and healthy things we can do for ourselves. It stops us from burning out, helps us do better work, and creates healthier relationships in general. However, the one person we might find it excessively difficult to set boundaries around is someone we live with every day: ourselves.

In this Quick Dip, Rachel explains how and why we need to learn to set boundaries and say 'no' to our biggest and loudest critic: ourselves. Your inner voice tends to magnify external criticisms right before beating you up for almost every mistake you perceive yourself to make. But the truth is, your inner critic can also be a huge help to you once you learn to talk with them.

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Quote to remember:

“No one really can make you feel ashamed unless you've already feeling ashamed about it.”

What You Will Learn

It's tough handling criticism — especially when it's criticism we can't ignore. And the one person whose words we often cannot let slide are the words coming from our inner voices.

If left unchecked, our inner voices can run rampant, creating all sorts of problems. You might end up doing things you normally wouldn't and start acting unpleasant to the people around you. You might instead be unable to enforce the boundaries you've worked so hard to build at your workplace or at your home. In the end, giving in to your inner critic just isn't very healthy.

But if you find a way to work with your inner voice, they can become one of the best ways for you to understand yourself. Working with your inner critic lets you identify exactly why you might feel a certain way. Are you scared, angry, stressed, sad, or something else entirely? The concerns your inner critic raises all tie in to needs you have that are going unfulfilled.

Once you recognize and acknowledge those needs, it becomes a lot easier to address them. In this workbook, you'll begin by forming a dialogue with your inner critic. When you can discuss your needs and feelings with them, then you can work on setting boundaries around your inner voice.



Activity: Talking it Over With Your Inner Critic

Before anything else, what's the name of your inner critic? _____

Whenever you see a blank in this worksheet, fill in the name of your inner critic.

Think about the last time you received criticism from someone who *wasn't* _____, such as a family member, friend, co-worker, or superior at work. What did _____ have to say at that time?

Why _____ say those things? What kind of needs were going unfulfilled, or what were you feeling at the time?

Now think of a time when you made a mistake and _____ started to berate you for it. What unfulfilled needs did you have? What emotions were you feeling?

Once you've understood why _____ acts the way they do, write a short letter to them. Thank _____ for what they say — it's usually well-intentioned, even if it's not the best way to communicate.



Remember: you're still the boss when it comes to yourself. You've expressed your gratitude to _____. Now tell them to eff off! That might sound silly to do, but it can help establish a boundary between what _____ is allowed to affect and do when it comes to your life.

As an ongoing exercise, whenever _____ starts getting loud, remember that there's a boundary between you and them. And remember: they're just trying to call your attention to a need you have, or an emotion you're feeling.

CPD time claimed:

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