

Master the Inner Critic When it Matters Most

Anyone can be positive on a good day, but how do you regain a positive sense of self when you are suffering doubt or have a rampant internal critic, and you need to authentically front up with confidence and belief in self? Perhaps you've had a bad performance review, lost your job, messed up in some way, or some other trigger has magnified your inner critical voice that suggests you're inadequate. Maybe you don't need external circumstances to trigger negativity and self-doubt. What can be done at such a time to reclaim a positive sense of self?

Some approaches that can help at such times include:

- Own your [negative] state of mind, that you are beating yourself up, that it is not helpful, and that you are the one who needs to make that different. Awareness, acceptance and self-responsibility are important.
- Acknowledge that there is a purpose to the negativity. The critic is attempting to keep you

Author

[Stephen Harrison](#)

Abstract

Most of us have a critical, often harshly, voice in our head that sounds off when we try do something that matters. Here are some ways to reduce the impact of our Critic.

Keywords

Acceptance, assert, inner critic, love, purpose, understanding

First Published

6 March 2013

Copyright

© [Harrison International Ltd](#), 2013. This document may be transmitted & reproduced in its entirety.



Inner Critic

safe from further pain, whether based on fear of failure, rejection, disappointment or some other potential hurt. Thank the critic for its efforts to keep you safe, and gently request the protection to cease. Retraining the critic in a loving manner is an important, long-term activity.

- Take some time to connect with your value as an individual. It helps to have done some work on this prior to a negative state, but it is not essential that you have. Identify and name positive qualities that replace the messages from the critic. Invite people you trust to contribute if you cannot find much to work with. The process asserts your value against the voice of negativity. Each positive quality you identify and claim creates more space for your positive sense of self, asserting your position on this planet as worthwhile, and edges out the critic (for a while at least).

- Maybe you have done something that did not work as desired or was plainly wrong. Love, accept and forgive yourself. There is no need to understand what you did or why to move into a positive place, though some form of rectification may be necessary at some point to truly move beyond it.
- Before a negativity outbreak, identify and write a genuine statement of personal purpose that is truly inspiring. When feeling negative recall and connect with the purpose, a way of pulling yourself out of the ditch. I have personal dream, life purpose and contract statements that I recall when I need to return to my centre. I have used them many times over the years.

This is by no means an exhaustive list, but I hope you find it helpful. In the future I will write more about each point, or you can buy my book and get a fuller concept quickly.

For more information related to themes in this article, refer to chapter 7 (Develop Self-Love) of: Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.

Coaching can support you create the best outcome when working with areas covered by this article.

Follow these links for coaching information:

- [Coaching Overview](#)
- [Individual \(Leadership/Executive\) Coaching](#)
- [Team Coaching](#)
- [Group Coaching](#)
- [Why Sponsor Coaching?](#)
- [Offer: Free Individual Coaching Session](#)
- [Stephen's Profile](#)