

Taming the Inner Critic



Transforming your harshest internal voice

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The inner critic is not your enemy. It is a misguided protector. In this session you will learn to recognise your critic's voices, understand the saboteur archetypes behind them, and meet the wise inner guide who has always been there too.

Taming the Inner Critic

The inner critic is not your enemy. It is a wounded protector. When you understand what it is protecting you from, you can work with it rather than against it.

My Inner Critic Voices

Write down the things your inner critic says most often. Be specific, write them in first person, as if hearing them right now.

My Inner Critic's Hidden Intention

My inner critic is trying to protect me from... (e.g. rejection, failure, humiliation, abandonment)

Saboteur Assessment

Tick the saboteurs you most recognise in yourself:

- ☐ The Controller (controls people/situations to avoid anxiety)
- ☐ The Avoider (avoids conflict and difficult truths)
- ☐ The Pleaser (earns love and acceptance through giving)
- ☐ The Hyper-Achiever (self-worth is tied to performance)
- ☐ The Restless (constant busyness to avoid stillness)
- ☐ The Hyper-Vigilant (constant anxiety about what could go wrong)
- ☐ The Victim (seeks attention/affection through emotional drama)
- ☐ The Stickler (needs perfection and order)

Take the free Saboteur Assessment (Positive Intelligence):

<https://positiveintelligence.com/saboteurs/>

Find out which saboteurs dominate your thinking, then bring your results to the next session.

Meet Your Wise Inner Guide

After the guided visualisation, describe what your guide looked like, felt like, and what wisdom they offered you.

My Morning Mantra

Create a short personal mantra to counter your inner critic. Start with "I am..." or "I choose..."

My morning mantra:

Reflection Questions

1. When is your inner critic loudest? What triggers it?

2. How does your inner critic's voice differ from your Wise Inner Guide's voice?

3. What is one way your inner critic has actually helped you in the past?

4. What will you say to your inner critic the next time it shows up?

My Notes
