

How to succeed without your inner critic

By Melissa Kidd

We will start at 1pm. Whilst you're waiting for the session to begin, think about the areas in your life where your critic shows up the most (parenting, work, DIY, social situations, your appearance etc)

motem.

The talk's Learning Objectives

- Describe what the inner critic is
- Recognise the 3 ways it manifests
- Reflect on where it comes from and why we have one
- Apply a number of ways to work with it, so we can change our relationship with it
- Recognise alternative strategies to motivate ourselves

What to expect...

- **Big topic: profound and provocative, breathing 4x4x4**
- **Time for questions half way through & at the end, can be anonymous**
- **Display differs depending on your devices**
- **Afterwards: for resource list, copy of slide pls email me with your question if I didn't manage to answer yours**

**How does the inner critic hold us
back from doing our **best work**
and being our **best selves**?**

When our inner critic is raging, we are the attacker and the attacked.

Our threat defence system activates (reptilian brain)

When in fight, flight, freeze we release cortisol and adrenaline = jittery & jumpy



Motivating ourselves with fear doesn't work over the long term ...

“Fear can manifest into anxiety, depression and hopelessness, and an environment in which these negative emotions are prevalent can become a very hard one to work in and be productive.”

Stephanie Creary, Wharton management professor

The inner critic is a way that the self talks to the self about the self.



**Never enough
Not good enough**

motem.

**People
pleasing**



“Every time I excelled, I
believed that I had
**fooled everyone yet
again.**”

Sheryl Sandberg COO
Facebook





Einstein considered himself an “**involuntary swindler**”.

Without an inner critic, won't we just become **complacent and start producing sloppy work?**

**It's important to discern the difference
between measuring our...**

**being vs doing
self vs actions**

3 ways it manifests

1. Towards ourselves
2. Towards others
3. Projection: what we imagine others think of us



**Getting to
know our
critic(s)**

Spotting our critic is easier when we're better acquainted...

- **Who's voice is it?**
- **What's its tone?**
- **Where does it live?**
- **What's our response to it?**

Let's pause.

In getting to know your critic, what seems/rings/feels true for you? Take a moment to privately reflect on what we've covered so far.

**It's brutal, puts us under
enormous pressure
and is exhausting, so
why do we believe
our inner critic?**



**The inner
critic has
protected
us**

**but we relate to it as if
our survival is still
dependent on it.**

Is it true?

**What would actually happen if you recognised
that voice as the voice of judgement
rather than taking it on board as the truth?**

**Any questions about
what I've said so far?
(type through Q&A box)**

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3 ways to work with the critic

Spotting it: I see you!

Yang compassion

Yin compassion

The Yin & Yang of Self Compassion

Yang:
Protecting
Providing
Motivating



Yin:
Comforting
Soothing
Validating

**Yang compassion:
reclaiming your power
from your critic**



The Yin & Yang of Self Compassion

Yang:
Protecting
Providing
Motivating



Yin:
Comforting
Soothing
Validating

Why self compassion works

We are also mammals – self compassion taps into the mammalian care giving system

Releases oxytocin & endorphins & opiates = optimal mindstate



Yin (self compassion break)

When to use it: when judging yourself harshly, beating yourself up and ruminating: “should”, “I’m such a...”

1. **Notice** you’re judging, blaming, criticizing yourself
2. Turn **towards** that part of you that feels the pain, the criticism

Yin (self compassion break cont.)

3. **Acknowledge** the pain: “ouch this hurts, this is hard to be with”
4. Remember **everyone** feels pain/fear/inadequate at times

Yin (self compassion break cont.)

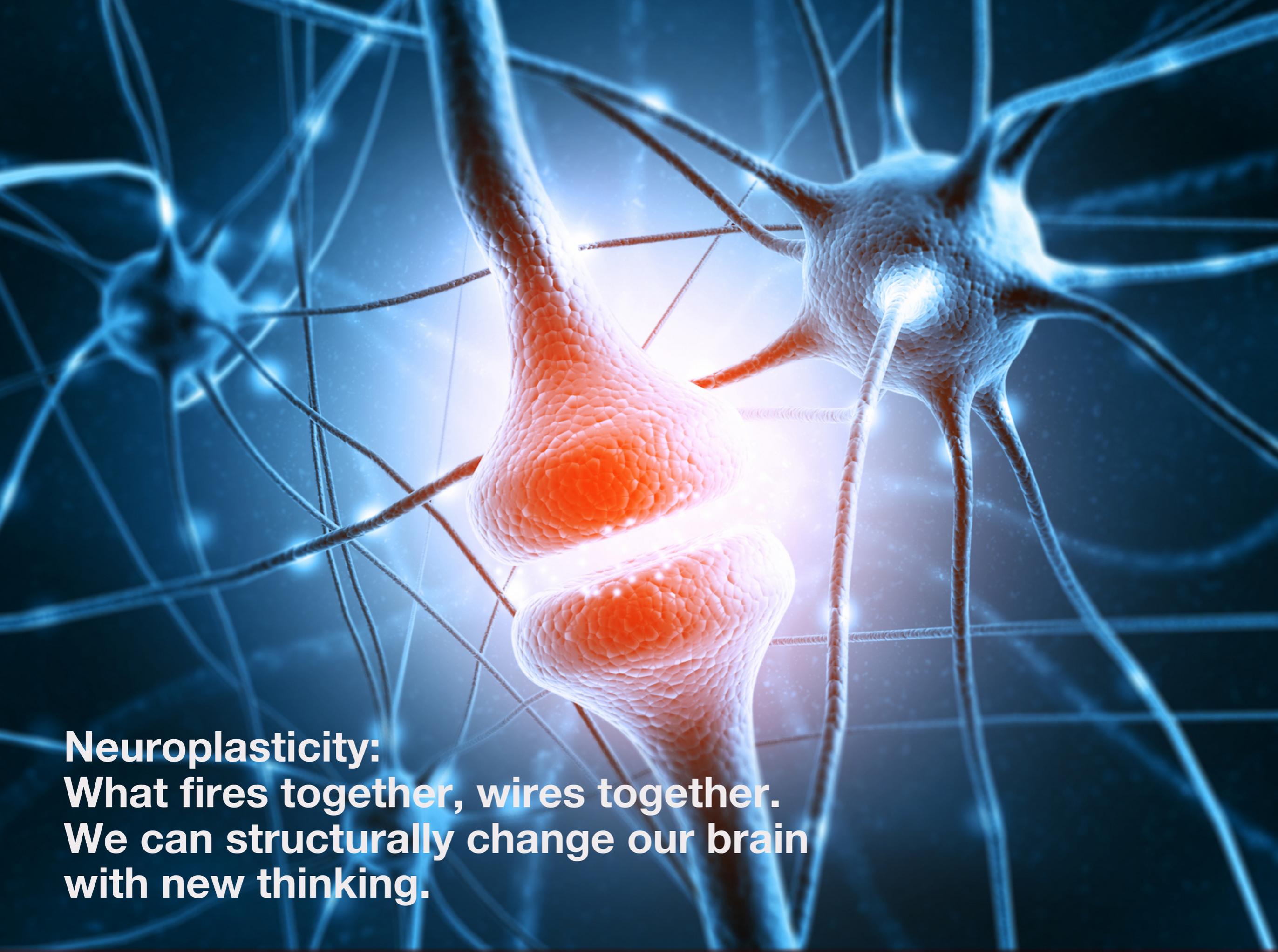
5. Soothe yourself: touch your hand, heart, belly
6. Say some words of kindness & encouragement to yourself, (what would you say to a friend who was struggling?)

What you resist persists (Jung)
What you feel, you heal (Gray)



“You can't stop the waves, but you can learn to surf.”

Jon Kabat Zim
Father of Mindfulness



**Neuroplasticity:
What fires together, wires together.
We can structurally change our brain
with new thinking.**

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3 ways to succeed without your inner critic

- Swap achievement for **fulfilment**
- Develop a **daily be-your-own-best-friend practice**

Be-your-own-best-friend practice:

“May I know my own goodness”

“May I live with trust, ease and confidence”

“May I begin to accept myself”

3 ways to succeed without your inner critic

- Swap achievement for **fulfilment**
- Develop a **daily be-your-own-best-friend** practice
- Relate to yourself with more **kindness**, less harshness

“I learned a long time ago the wisest thing I can do is be on my own side”

Maya Angelou



motem.

confidence connection clarity

Next steps...

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(For resource list/workshops/programmes/coaching)

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