



### Master Your Inner Critic, Release Your Inner Wisdom

***'You're always a valuable, worthwhile human being, not because anybody else says so, not because you're successful, not because you make a lot of money, but because you decide to know it'***

Dr Wayne W Dyer

- Do you lose sleep worrying about what you haven't done?
- Do you find it difficult to list your achievements?
- Do you allow criticism to get you down?
- Do you feel terrible when you make a mistake?

Many people are plagued by an inner critic. That voice inside their head which tells them they are not good enough, have not done enough, which beats them up continuously. The inner critic stops some people from achieving their goals and dreams and being successful, while for others it stops them from enjoying the successes that they do have.

The following tips are taken from my book **Master Your Inner Critic, Release Your Inner Wisdom** (click [here](#) to order a copy today):

1. **Spot when it happens** – This might sound obvious but so many people have spent their lifetime with this negative voice inside their head that it almost becomes like wallpaper they just don't notice it. However, if you are going to start the process of managing it you first of all need to spot when it kicks in, what types of situations or moods trigger it, then you can start to do something about it.
2. **Avoid getting stuck in the past** – Knowing the origins of your inner critic will not necessarily help you to manage it today. In fact some people get stuck in the mode of blaming others (parents, teachers, etc.). The one thing you have within your control is the present moment and your own thoughts and reactions to events. By using techniques listed here and from the book you can learn to manage your inner critic and start to feel more confident, happy and satisfied in life.
3. **Change habits of a lifetime** – Your inner critic will have become a habitual way of thinking, so what you need to do is to create new habits. They say that it

takes between 15 and 20 tries to change a habit, so take a technique and use it on a daily basis until it becomes habitual and part of how you do things.

4. **Approximate perfection** – I've never met a happy perfectionist, and perfectionism is usually the result of a strong inner critic. A colleague of mine uses the term 'approximate perfection', which allows for human error but also encourages you to do your best. What would approximate perfection look like in your life or for a specific task or situation that you get overly worried about?
5. **Appreciations** – Start to appreciate yourself for who you are, what you do and the strengths that you have. If your inner critic is saying, 'Yes but .... you have all these weaknesses' or 'you still have not done X, Y and Z' or 'you are stupid, clumsy, etc.', for once, ignore it and write down ten things that you appreciate about yourself, however small or big they are. Then do this on a daily or weekly basis and you will see a huge difference in how you feel about yourself.
6. **Accept compliments** – Rather than brush them off, just say 'thank you'. It is quite easy to master with practice! And, in the end, you will start to listen and take on board the compliments that will enable you to feel good about yourself.

Melanie Greene's book **Master Your Inner Critic, Release Your Inner Wisdom** was published in January 2008 and she has been running public workshops on this topic since May 2006. Her work in this area is based on her experiences of mastering her own inner critic and the profoundly positive affect this has had on her life. She has created simple and practical techniques that her clients have found useful and that she now shares through her book and workshops. Click [here](#) to order a copy today.

### Specialist Advice and Guidance

Melanie can provide both in-house and public workshops, as well as 1:1 coaching around this and other topics. For more information or to book on one of her public workshops call Melanie Greene on 01865 377334 or email her at [mg@grovelands.org.uk](mailto:mg@grovelands.org.uk)

Click [here](#) for our free monthly coaching newsletter, *Inspire*, which covers a different topic each month.

Click [here](#) to order Melanie's book *Master Your Inner Critic, Release Your Inner Wisdom*.