

# HEALING OUR SELF HATE: SILENCING YOUR INNER CRITIC

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By

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# OUR HARSH INNER CRITIC

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# CHARACTERISTICS OF THE INNER CRITIC:

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- Shaming/ Blaming
- Controlling
- Non-Supportive
- Dishonest

# CHARACTERISTICS OF THE INNER CRITIC:

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- Abusive-belittling, discouraging, judging, hurtful
- Arrogant- “Know it all”
- Tyrant- false authority, omnipotent
- Rigid and Perfectionistic

# CONSEQUENCES OF LISTENING TO THE HARSH INNER CRITIC

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- Damaged Self Esteem-Toxic Shame
- Cycles of Shame--Sets off Shame Spirals
- Decreases Your Ability to Give and Receive Love
- Sabotages Yourself

# CONSEQUENCES OF LISTENING TO THE HARSH INNER CRITIC

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- Separates Yourself from the Higher Power
- Hurts Others—Projection
- Takes Away Your Joy
- Leads to Relapse-Fits with Active Addiction

# WHAT OUR HARSH CRITIC IS REALLY ABOUT:

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FEAR



# HARSH CRITIC EXERCISE: WRITE DOWN WHAT THE CRITIC SAYS TO YOU WHEN YOU:

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- Make a mistake
- Try something new
- Receive a compliment
- Overreact to someone
- Open up and try to trust someone



# HARSH CRITIC EXERCISE:

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When done, Ask Yourself:

“Are these statements True or False?”

Then, for each statement, write down: “The Most Loving Thing Your Higher Power would say about Each One.”



# CORE QUALITIES INVENTORY

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Answer the following questions in the space provided.

Be brief and give one example of each.

1. Qualities in you that others have praised and appreciated:
2. Qualities the person who loved you most appreciated in you:
3. Qualities that helped you survive life's struggles, pain, and dangers:
4. Qualities that helped you reach certain life goals:
5. Qualities that allowed you to help or bring happiness to others:
6. Qualities that helped you feel happy, proud, or good about yourself:
7. Things you are good at.... with your romantic partner:

# PUTTING A CORK IN THE CRITIC'S MOUTH EXERCISE.

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- When the critic says: “blah, blah, blah”
- Challenge it, say: “That’s Not True.” or ....
- Match your Core Quality to the Lie the Critic tells you.