

Awareness Practice: Transforming Your Relationships with Your Inner Critics

1. Become aware of messages from your inner critics.

- ★ Listen to the dialogue in your head. Inner critics frequently use words like “never,” “always,” and “should.” Hearing these words is your signal that an inner critic is likely speaking to you.
- 🌀 If you feel defensive when someone comments on something you’re doing, that is an inner critic.

2. When you recognize a message from in inner critic, use one or more of the parts of the Inner Critic Care System.

- 🌀 Stop them.
- 🎯 Redirect or reassign them.
- ★ Use the Five-Point Process to communicate with them.
- ★ Use the One-Step Process to counter the message.

For more ways to transform your relationships with your inner critics, go here:

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