

The Inner Critic



DO
WHAT
YOU
LOVE
WHAT
YOU
DO

A Quiet the Hive
Career Confidence
Worksheet



This is a Career Confidence worksheet, designed to accompany the Imposter Syndrome & the Inner Critic Session.

We all have an inner critic, for some of us it speaks louder than others. You will never banish your inner critic, but you can learn to live with her. The important thing to remember is that your inner critic serves a purpose. She comes from the part of our brain that keeps you safe; the amygdala. The amygdala is the where your fight, flight or freeze response comes from when you are faced with danger, and so your inner critic is only trying to keep you from harm.

The important thing is to know when you're hearing her, have some techniques to soothe her, and remember why she's there.

When you are hearing her, take a moment to sit with her and ask these few questions.

Ready? Here we go.

YOU'VE GOT THIS. LET'S DO IT!

Jane x



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Learning to Identify Your Inner Critic

There are a number of techniques you can use to live with your inner critic or lizard voice. This information sheet will talk you through a few that I like.

You may find that you need to try a few to settle on the one that really works for you. Experiment and don't be afraid to try them out. Once you find your 'one' it will really help!

Take time to answer the journalling questions, and remember that this work is never a one off. Keep exploring and experimenting; play with these tools til you find the right solution for you.

How does your inner critic show up?

How to identify your inner critic

Your inner critic may sound like this:

- A repetitive, broken record story
- A nasty, mean, undermining way of speaking
- A focus on problems or areas of lack or deficiency
- Speaks in an anxious tone
- Extreme thinking and definates ("you're rubbish at this", "you're no good")
- Thinks in absolutes (I can't do that) rather than open, curious thinking (how might I make it work...)
- Irrational but persistent

It may appear as a story of "I'm not worthy", "I am not <insert adjective here> enough", or 'I have nothing of value to offer ...'



Managing Your Inner Critic



1

Take the sting out of your lizard's tail by using one of the following:

- "My mind is having the thought that..."
- Say the thing it's saying to you, but in a silly voice!

2

Give your inner critic a character - what does she (he? it?) look like? How do they sound? What interests them, drives them? Bring the character to mind next time you hear them.

3

Talk to it. Soothe it like you would a toddler having a tantrum. Get curious - what's made her worried? Why has she appeared now? Never try and argue with her - you won't win.

4

Develop a practice which brings you peace and ease - meditation, mindfulness, running, yoga, crafting - whatever brings you into the present moment and away from the inner critic.

5

Name your story - "Ah yes. I've heard that before. That's just my xxxx story coming out..."

6

View the inner critic's point of view with compassion. What is worrying her? What is her concern? Why is she appearing now?

7

Turn the volume down on her voice. When you turn the volume down, what else can you hear? What do you know to be true?

8

Remove her. Leave her in the room and go elsewhere. Put her in a box. Stick her on a shelf and walk away. What do you hear when she's removed?

Managing the inner critic

Byron Katie recommends four questions to investigate the thoughts and beliefs that are getting in the way of happiness. You can apply these to thoughts from your inner critic.

Try the Byron Katie four questions:

1

Is it true?

2

Is there any possibility it isn't true?

3

How do you feel when you think that thought?

4

Who would you be without that thought?

Then follow these two extra steps:

5

Identify the opposite of the original negative thought or belief

6

Ask: is the opposite thought as true or more true than your original thought?





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Journalling Questions



Identify some times when you've heard your inner critic appear.

- What does she tell you?
- How does she sound?

Capture the stories your inner critic tells you when she is trying to keep you safe.

- What are the stories she tells you the most?
- When does she show up?

Removing her power:

- What would you do if you didn't listen to your inner critic?
- Who would you be if she held no power over you?
- Who would you be without her voice holding you back?

Give it a go:

- Which techniques do you think would work best for you?
- How will you remind yourself to test them out?

Which one are you going to try the next time she pops up?



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JOURNAL YOUR ANSWERS

Reflections

When do you hear your inner critic most loudly/ clearly?

What are her motivations?

How does your inner critic show up?

What's the story she tells you?

Which of the quieting techniques work best on your inner critic?



A large, empty rectangular box with an orange border, intended for writing reflections.

GO YOU!

You now have a wealth of thoughts, observations and information to help you notice and tackle the inner critic next time she pops up for you!

Keep this workbook safe and make sure you revisit it to give yourself some momentum

Join [The Hive Insiders](#) for special offers, hints and tips and early access to exclusive materials

Want More?

Join the community over at Instagram www.instagram.com/quiet_the_hive

Want to move towards a life you love, lived with purpose and intention, guilt-free and on your own terms? Join Awakening Women's Lives - a six-month, group programme for women who are ready to put themselves at the top of their to-do list. <https://quietthehive.com/courses/awl>

Join The Compass - for women who are fed up of being last on their own list of priorities. A self guided, online programme designed to reconnect you with you. <https://quietthehive.thinkific.com/courses/the-compass>

If you'd like more of this, only over a weekend (and with wine), why not join us at our next Your Life Less Ordinary Weekender - <https://yourlifelessordinary.co.uk> - for women who want to live a bit more adventurously, whatever that means to you.

Grab the free resources over on the website - <https://quietthehive.com/freebies/> including the Quiet the Hive podcast, From Inside the Hive. Available at <https://quietthehive.com/freebies/podcast/> or wherever you listen to your podcasts.

You can also work with Jane on a 1:1 basis through coaching, or share the impact through commissioning your own bespoke workshop at your organisation or for your team. Get in touch at hello@quietthehive.com



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