

Let's Train That Critical Voice... ...And Learn How to Use It...

We all have a critical inner voice, which is not always bad. That voice protected us from doing things which we would have been ashamed of or punished for. But it must be well-trained to state its opinion only when it is helpful and protective. If we do not define its task and limit its power, it will paralyze us with anxiety and self-hatred.

-Miriam Adahan

Here's What We Tell The Voice:

1. Define Its Task:

Your job is to _____

2. Limit Its Power

a. Give it A Time: *"I'm putting you in a box. You can come out later."*

or

"I will listen to you for 10 minutes at _ o'clock."

b. Give it Parameters:

I can only listen to you if what you're saying is helpful and protective.

c. Welcome Its Input:

- a) I know you're trying to protect me*
- b) Thank you for your efforts*
- c) You have some wisdom, and you know me well. I hear you.*

When Dealing with the Voice, Ask Yourself:

Is this Thought Helpful?

Is it Getting me Closer to Who I want to Be?