



Linda Mitchell

## QUIETING YOUR INNER CRITIC

Remember a recent time when you felt bad about yourself — when you felt embarrassed, unworthy, hopeless, discouraged or just not good enough? What were you telling yourself in that situation? Could those old negative tapes in your head be at it again? Probably! How do we get out of the bad habit of criticizing ourselves and making ourselves feel miserable; and why is it so important?

It's crucial to understand that our subconscious mind hears and acts on everything we say! The more we beat ourselves up with negative self talk, the less confident we are and the less joy, vitality and peace we feel. What would help keep our thoughts positive so we can feel better about ourselves and enjoy more pleasant experiences in life? Try talking to yourself the way you would talk to a child - with kindness, compassion, understanding and encouragement. After all, your inner critic is just a shadow of your inner child who remembers and believes the negative thoughts, feelings and judgments from long ago.

If you find you're judging yourself, the inner critic is alive and well. Critical self-talk is destructive and after a while, your subconscious mind is going to believe all that negativity! You'll eventually embody it and live from a diminished reality. Always telling yourself you could have done better, your ideas or projects aren't good enough, you don't measure up, everyone is better, smarter, and more deserving than you crushes your self-confidence and

leads to low self-esteem. Give that inner critic the boot!

Allowing your inner critic to be in control is like allowing a cruel judge to rule your life. The judge is a sneaky thief, robbing you of your joy, abundance, worth, innate goodness, creativity, talent and opportunity for serenity. The judge causes chaos in our minds, spirit and body. It makes us feel less than we really are, squashes our inspiration and allows us to believe the old, negative self-talk running rampant in our heads.

When we doubt ourselves, we are listening to the critical judge, the injured child in our head who is simply trying to keep us playing it safe, small and silent. Resist! These are your limiting beliefs. They keep you from venturing out to try new experiences or meet new people.

We love and respect those who resist judging us. We feel comfortable, accepted and enjoy being around them. What would your experience be like if you stopped judging yourself? What if you could give yourself the benefit of the doubt more often? What if you showed yourself the same compassion you extend to your best friend?

Quiet your inner critic. Stand up to that negative bully and tell it to zip it! If you do, I promise, you'll begin to experience more joy, confidence, peace and playfulness in life. The kinder you are to yourself, the happier you'll be and the less often the inner critic will seize control!

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*Linda Mitchell is a certified professional intuitive coach and transformation expert. Her unique Reinvention Program empowers people who are stuck, overwhelmed and ready for change to identify their unique gifts and confidently step into their next significant and satisfying role with clarity, ease and grace. Reclaim balance, better health, joy and purpose and emerge more powerful, passionate and fulfilled.*

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