

ATTITUDE:
3. KILL YOUR CRITIC

"IF YOU GAVE YOUR INNER GENIUS
AS MUCH CREDENCE AS YOUR
INNER CRITIC, YOU WOULD BE LIGHT
YEARS AHEAD OF WHERE YOU NOW
STAND!"
ALAN COHEN, AUTHOR

YOU

YOU MAY HAVE HEARD OF "THE INNER CRITIC"?

YOU

IT IS THE VOICE THAT EVERYONE HAS IN THEIR HEAD THAT
POKES FUN AT OUR ACHIEVEMENTS, HOPES AND DREAMS.

YOU

SOME PEOPLE HAVE INNER CRITICS WITH SUCH STRONG
VOICES THAT THEY ARE SCARED TO COMMIT TO ANYTHING!

YOU

SOME STUDENTS CAN'T EVEN BRING THEMSELVES TO ADMIT
TO OTHER PEOPLE WHAT THEIR DREAM OR GOAL IS.

#ACT

KILLING YOUR CRITIC ISN'T EASY, BUT IT IS IMPORTANT TO LEARN HOW TO DISMISS THE VOICES IN OUR HEAD THAT ARE HOLDING US BACK...

#ACT

REMEMBER SOME SELF CRITICISM IS GOOD, HOWEVER IF YOUR INTERNAL VOICES ARE SUPPRESSING YOUR SELF-CONFIDENCE AND STOPPING YOU FROM SUCCEEDING, IT IS TIME TO KILL THEM.

#ACT

IF THIS IS YOU THEN TRY THE FOLLOWING ACTIVITIES TO IMPROVE YOUR SELF-CONFIDENCE:

**1. NAME THE
CRITIC**

SERIOUSLY. SOME STUDENTS FIND IT EASIER TO DISMISS THE VOICE IF THEY'VE GIVEN IT A STUPID NAME!

2. LISTEN TO IT

START TO RECOGNISE IT'S VOICE, NEXT
TIME YOU HEAR IT, LABEL IT;
"THAT'S MY INNER CRITIC."
YOU WILL START TO RECOGNISE IT.
WHAT IS IT FOND OF SAYING?
HOW DOES IT USUALLY START?

3. KILL ALL COMPARISONS

LET IT SAY WHAT IT WANTS FOR 10 MINS
BUT ALL COMPARISONS ARE BANNED. IF IT
TRIES TELLING YOU,
"YOU'RE NOT AS GOOD AS.."
SHUT IT DOWN.

IT'S CALLED "IMPOSTER SYNDROME";
WHEN YOU FEEL A FRAUD.
"I DON'T DESERVE TO BE HERE" OR
"OTHERS ARE CLEVERER THAN ME"
ARE COMMON FEELINGS.

...REFUSE TO ACCEPT THE VOICE IF IT TRIES
ANY COMPARISONS LIKE THESE.
DESIGN A QUICK, NO-ONSENSE ANSWER
THAT SHUTS YOUR CRITIC DOWN.

4. CHALLENGE YOUR CRITIC WITH DATA

*FOR EXAMPLE, YOUR GCSE RESULTS, OR
GRADE FROM A RECENT PIECE OF WORK.*

*ALSO CHALLENGE YOUR CRITIC WITH A
DEMAND.*

*"WELL, IF YOU THINK THAT, WHAT SHOULD
I DO ABOUT IT? GOT ANY IDEAS?"*

**5. START
WORKING ON
SOMETHING NEW**

*...HOWEVER TELL YOUR CRITIC THAT YOU
ARE JUST MESSING ABOUT.
THIS IS A TACTIC USED REGULARLY BY
"CREATIVES" IN ADVERTISING AND MOVIE
WRITING..*

*YOU SAY TO YOURSELF, "I'M JUST
MESSING AROUND HERE, MAKING A FEW
SKETCHES, OR WRITING A FEW WORDS.
IT'S JUST A BIT OF FUN"*

**6. INVITE THEM
TO COME BACK
LATER**

**THIS IS A GOOD ONE!
SAY TO YOUR INNER CRITIC, "I'D
APPRECIATE YOUR CONSTRUCTIVE
CRITICISM WHEN THIS IS FINISHED!"**

**...SET A DATE AND WRITE IT DOWN. SAY TO
YOURSELF, "I'LL LISTEN TO MY CRITIC - IN
ONE WEEK FOR FIFTEEN MINUTES ONLY!"**



NOW OVER TO YOU...

You have 5 mins to make contact with
your Inner critic!

You might want to discuss your findings
with a trusted friend.

*What do they think of your self criticism?
What is their perception of you?*

1.NAME YOUR CRITIC

2. LISTEN TO THEM

3. KILL ALL COMPARISONS

4. CHALLENGE YOUR CRITIC

5. START WORKING ON SOMETHING - "JUST FOR FUN"

6. INVITE THEM BACK

5:00

1.NAME YOUR CRITIC

2. LISTEN TO THEM

3. KILL ALL COMPARISONS

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**5. START WORKING ON SOMETHING -
"JUST FOR FUN"**

6. INVITE THEM BACK

FINAL THOUGHTS..

- × Everyone has an inner critic – you are not alone!
- × As long as you can manage the negative thoughts,
you'll do extremely well.
- × Your teachers will have felt the same at some point, as
will your peers, parents and family.
- × Ask them how they have coped.
- × They might have some of their own tricks and tactics!