

DAY 5

How did it go listening to your critic?

I hope you saw how he hid from you, how skillfully he spoke as if it were you. Today we'll learn how to convince your inner critic who has destroyed your confidence!

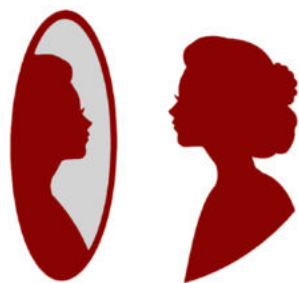
Today is the time to take back control!

First, I want you to name your critical voice. So you can separate your inner voice, yourself from him. Remember; you are not your critic! You can name him any way you want. (We are very curious how you named him, don't forget to share it with us through the support group). Well, we have already taken the biggest weapon out of his hand. Now we know who he is. Now let's figure out how to disarm him!

Let's start with the golden rule:

as soon as you hear the critical voice, you have to react to it immediately. You can't ignore it, pretend you don't hear it, you can't put it off. If you ignore it, you postpone it, you know he's going to win and you're going to agree with everything he says. It doesn't matter if you're out with your friends or in a coffee shop.... When he talks to you, ask your companion for permission, wherever you are, go to a quiet place to answer him.

Your critical voice has grown stronger as he has hurt your self-confidence for years. You must be strong and confident to stand up to him. "You have spoken enough; now you will listen to me! " Read again the tactic we gave you the day before, that is, the one used by your critical voice. Tell him that you are aware of all these weapons he is using against you, and fight back. For example, you noticed that he used the mind reading gun... "I am aware that you are currently using the mind reading gun. You are just guessing, there is no evidence that this is true. "



- As with a realistic self-assessment, confidently reject any adjectives he directs at you. "No, I'm not an idiot, I just forgot my key at home, that's all. Everyone can be stressed out sometimes. I was also the one who made a great presentation the other day. I refuse to continue to believe that. "

- Respond to your critical voice that keeps focusing on the negative with positive expressions, it will confuse him. "Yes, I could not reach the weight I wanted but I lost 3 kilograms, I still have time and if I have already done that, I can lose the rest. I am proud of myself." "Yes, 20 people did not come to my birthday party, but 7 people came, these people appreciate me. I am grateful for their presence. "

Today, within these rules, try to answer your critic as soon as you catch them. If you can carry the worksheet with you and write it down right away, that would be great!

If you can't carry it with you, write down what you can remember. If you write down, then good for you, because then you can get to know your critic better, who will come to you later with the same game.
See you tomorrow!

Tasks:

- Listen to the critical voice inside you. Write down what you said, what method you used, and consciously reject.
- Listen to your affirmation before you go to sleep at night.

