

Unmute Your Soul Toolkit

#3 The Inner Critic

These exercises will help you to understand the voice of your inner critic, change it, and re-parent your inner child.

Empty it out and change it.

Relax! Take a few deep breaths in and out.

We're going to go on a discovery tour now. Become aware of the voice of your inner critic. Half the battle is simply waking up and becoming conscious of the commentary running through your mind.

Allow yourself to sit with the following questions or reflect in your journal:

- Can you pick up what your inner voice is saying to you?
- Think about the words you say or think every day that aren't doing you any good. Whatever story you're telling yourself, get it out of your head and write it down, word for word. Are you also surprised about all the things you've been telling yourself? As I did this exercise the very first time, I was very surprised.
- Is this the truth? It's easy to confuse the inner critic's voice with the truth; however, it's only one perspective based on previous experiences, fear, and diminished self-worth. We don't have to accept it, especially if it's disempowering.

Ask yourself what you know to be true and affirm it.
Write a new script. We can choose a different story.

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Try this for a few days, and when you recognise what you are hearing, and have written it down, ask yourself: “Would I say this to my best friend? To my child? To anyone?” If the answer to that question is a resounding no, then this can be a tool for you to use to check in when you hear your inner voice talking to you.

An exercise to re-parent your inner child

A simple and profoundly useful exercise is to consciously re-parent your inner child. We all have an inner child. In many ways, our development froze during that time. We never grew up from the scared child consciousness that says, “I have to be someone different so Mum and Dad will love me.” We have to bring our adult wisdom to that child, talk to her, listen, and validate her feelings. Your inner child needs the adult you now are to fill in the missing pieces that it didn’t get all those years ago. After all, she’s been frightened and confused.

Let the child you once were speak out, saying what she felt when she was small. Allow your adult self to listen and talk to her the way you would speak to a small child. Reassure her, comfort her, and assure her that you will love and take care of her.

Making this a regular practice will help you immensely. Just giving her your attention and saying truthful, loving statements will become natural thoughts and feelings in your body. When you go back to that child and give her the nurturing she needs, the once confused younger you will start to feel loved, seen, and embraced, and she will integrate herself into your life.