

Squiggly Careers PodSheets



How to quieten your inner critic

Who is your inner critic?

Your inner critic is the negative self-talk that makes you feel small and leaves you feeling 'less than'.



Knotty moments in squiggly careers can become a breeding ground for our inner critic – fuelled by uncertainty, change, and feeling out of control.

With practice you can turn the volume down on your critic so it doesn't get in the way of your growth.

? When does your inner critic shout the loudest and what does it sound like?

“ **The solution isn't to shut down the critic.** It won't work; the voice will return no matter how hard you try to suppress it. The best intervention may be to respond to its grievances from a detached perspective—almost as if you were another person.

Ethan Kross

4 ideas for action to dial down your inner critic

1 Distance it

Self-distance from your inner critic by asking why questions.

This will help turn your inner critic into your inner coach.

eg. Why does my inner critic show up in this situation?

2 Name it

Recognise that although your inner critic is a part of who you are it is not all of who you are.

Befriend your inner critic and address it by name.

What is the fear that fuels your inner critic?

3 Know it

Childhood experiences can be the seed of an inner critic.

Understanding the connection between your critic and your inner child can help you unpick unhelpful patterns.

Write a letter to your younger self addressing your experience

4 Distract it

Distract your critic by doing something positive that feels different to what you're dwelling on.

Gaining new perspective can help you feel more objective and in control.

What activity energises you?

Coach Yourself Questions

? What would be better if your inner critic wasn't present?

? Who could help support you with your inner critic?

Recommended resources



Chatter: The Voice in Our Head and How to Harness It
by Ethan Kross



Know your inner saboteurs
TedX talk from Positive Intelligence founder and author Shirzad Chamine.



Squiggly Careers Podcast
Building up your self-belief with Ethan Kross #254