

3 Reasons to Stop Fighting Your Inner Critic

And Something You Can Try Instead



Are you ready to make peace with the noise in your head?

Are you still struggling
with a critical inner voice?
I'll bet you know what I'm
talking about: that bully in
your brain that's a
constant source of fuel for
your fears and negative
thoughts.

"Not good enough." "Lazy."
"Stupid." "Who do you think
you are?"



And, despite being a reasonably successful,
accomplished human being, I'll bet you're



embarrassed to let other people know you haven't been able to beat it. There's no need to feel self-conscious: I've never met a successful person who didn't have a powerful inner critic.

A rose by any other name...

I've been around for a while and have heard it (the Inner Critic) called a lot of things:

When I connect with online writing communities (like NaNoWriMo, for example) there's a lot of talk about "The Inner Editor...." and the ways it keeps writers from achieving their dreams.

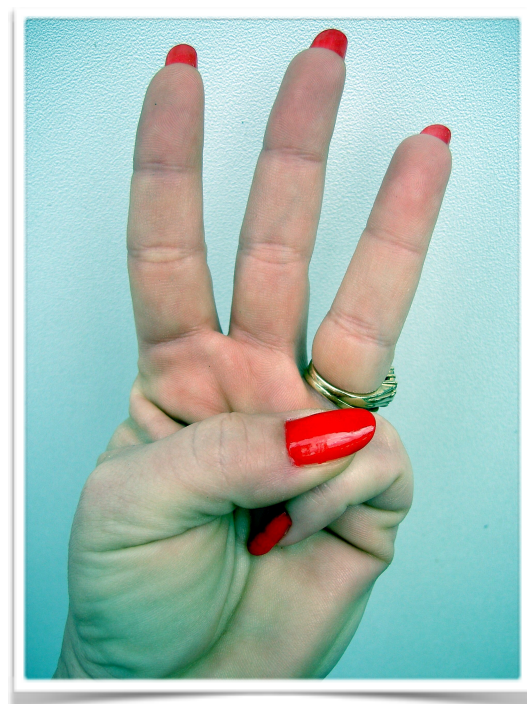


When I worked in the addictions field, lots of people called it “The Addict in the Attic,” or “My Disease” — a powerful enemy almost guaranteed to win.

“The Committee,” “Monkey Mind” or “The Jury” come up in more general conversation. The Inner Critic is either an enormous obstacle, a convenient scapegoat or maybe a little bit of both.

It's probably not your fault...

The point is, the voice of our very own “Debbie Downer” seems to be something most people struggle with from time-to-time. If you’ve tried and failed? Take heart. It’s not your fault. You’ve probably been following the wrong advice.



For years, well-meaning coaches, speakers and counselors have been telling us to silence or ignore that little voice. I tried it, did you? I thought so. It didn't work, did it?

That's Reason #1 to stop fighting with your Inner Critic: It doesn't work.

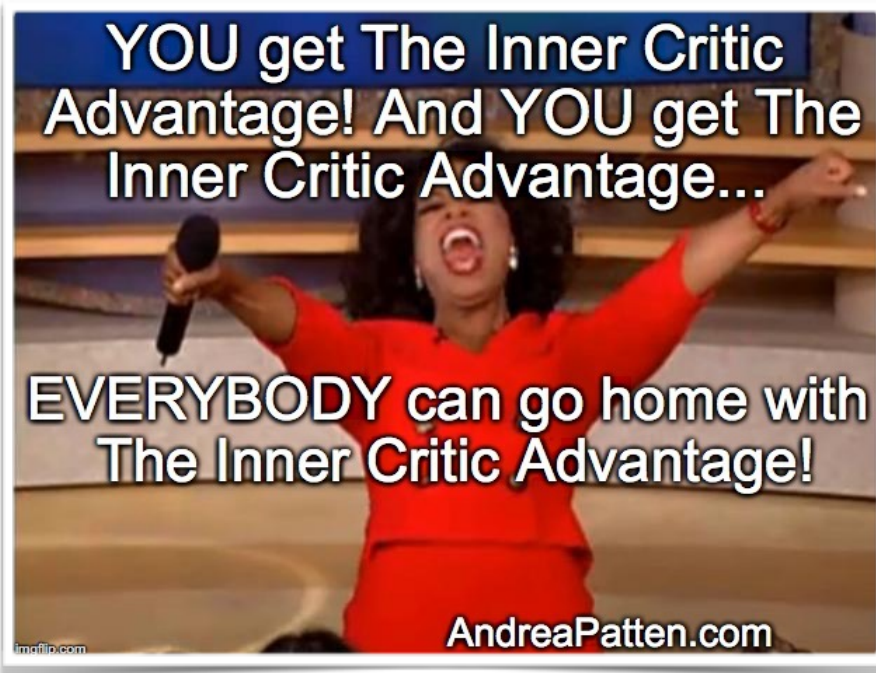
In fact, if you've tried to shut it up, you already know
Reason #2: not only does trying to get rid of it not work, it usually makes it come back even stronger than it was before you started trying to fix it.



Guess what? That sometimes ugly little voice in our heads? It's frustrated. It doesn't try to be mean.... it's just tired of being misunderstood and ignored.

What if you could learn to re-imagine that confidence-crushing voice, appreciate the power that lives in that part of your brain, and develop sure-fire strategies to turn that critic into your strongest ally? Doesn't that make more sense?

Of course it does. And that's Reason #3 to stop doing battle with your Inner Critic: There's a better way.



Learn how to think differently!

Regardless of the professional 'title' I've held at any given time, my work has been about offering people the opportunity to connect with a new thought. I like that. Mastering that 'voice in the head' that says 'you are not good enough' is important work. I needed to learn how to think differently about that inner voice.

That change in thinking started with the equipment: when we don't understand it, we're not able to use it to maximum efficiency. Earlier versions of the human brain were built to respond to immediate, life-threatening situations — the kind that resolve in no time flat. You know: run fast or become lunch. The time from noticing stress and resolution (safe or dead) was brief. And finite.

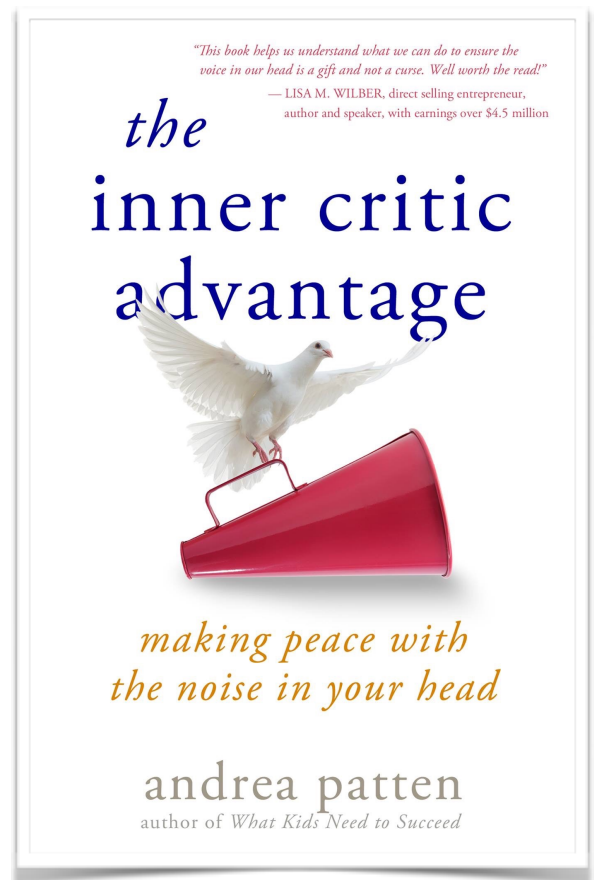
Different from modern stress. And knowing that? That's a good first step on the road to making that inner voice a partner.

Are you ready for the paradox?

What if that inner voice was related to that old-fashioned inner warning system? And what if the way to stop feeling paralyzed by it is paradoxical? To stop giving in to the Inner Critic we need to begin to listen to and understand its' warnings.

When we start to see the inner critic as an ancient messenger trying to keep us safe, it becomes a whole lot easier to love it.

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Andrea Patten is the author of *The Inner Critic Advantage: Making Peace With the Noise in Your Head* now available on Amazon. She loves exploring new ideas and hearing from others who do, too. Check out her website AndreaPatten.com or follow her on [Twitter](#) or [Facebook](#).