

What I appreciate about myself— shutting down the internal critic

Keep this important Law in mind: *When one feels good, they do good things*

Feeling good isn't about what happens in our lives, it's about how we perceive and place meaning on what occurs. "Stuff" happens to us all! What really hurts a person is our own internal critic. This "Mind Chatter" is negative, self-destructive and downright mean! The internal critic blames you for everything and compares you unfavorably to everybody. He predicts failure from the beginning, ignores your strong points and harps on your weaknesses.



He never misses the slightest mistake or imperfection, slyly whispering in your ear, *"Stupid...what an idiot....why can't you get it right?"* Your internal critic reads your friends minds and convinces you they are disappointed and disgusted with you.

Most of us live life influenced by our internal critic because we think it's our own voice speaking the truth about ourselves! You NEED something to combat this or you'll keep being pulled into a negative state of mind and easily lose motivation and willpower. You'll be automatically compelled to find relief from these uncomfortable feelings typically by criticizing or judging others (gossip) and by eating pleasure foods.

Talking back to the Mind Chatter from your internal critic is essential for your success! This is done by developing a list of things that are great about you and pulling out this list mentally when you hear self-critical Mind Chatter.

Example 1: Mind Chatter: "You dummy, you always goof up!"

Your Self-Talk: *"Everyone makes mistakes, I'm good at the details and will learn from this."*

Example 2: Mind Chatter: "What will people think of me?!"

Your Self-Talk: *"I am a caring person and I love my grandkids...it doesn't matter what others think."*

What I appreciate about me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



What others appreciate about me:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

*note, can have same things as what you appreciate about you.

Assignment

Record what you heard your internal critic say and your response

My internal critic said:

My response was:

My internal critic said:

My response was:

My internal critic said:

My response was:

My internal critic said:

My response was:

Examples:

- Good Listener
- Protective of friends
- Can keep a secret
- Don't gossip
- Love to be busy
- Hard working
- Good at organizing
- Like to learn new things
- Responsible about money
- Keep a clean house
- Volunteer at church
- Always help others
- Good attitude about life
- Love to read
- I'm smart
- I can figure things out when others give up.
- I have faith in God
- I never cheat or steal