Eliminating Self-Criticism

Quieting your critical inner voice is one of the wisest things you'll ever do. When you apply this process, you'll discover a more serene, happy existence along your incredible journey of life.



Follow These Steps:

- [ ] Acknowledge that self-criticism can be damaging
- [ ] One by one, go through your criticisms and ask yourself, "Is this really valid?" If not, cross it off your list.
- [ ] Figure out when each criticism began. Take time to resolve why you feel that way.
- [ ] Release any negative remarks from your repertoire that stem from negative, early experiences because they simply hold no validity for you now.
- [ ] Counter your critical voice. Designate your supportive, caring voice as the one in charge.
- [ ] Stay focused. You can challenge the validity of any criticism simply by continuing with your efforts to accomplish your desires.

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