

August 16, 2021

Good morning and happy Monday team!

You guys are doing great with positive mindset. I have heard a lot of positivity around campus these last few weeks. You guys are rock stars!

What new areas of awareness have you opened up in your mind, body, and soul? Know that no matter where you are, you are exactly where you need to be. You are not behind. You are not failing. You are not a lost cause. You are learning. You are growing. You are healing. Next you are going to learn how to use this awareness and healing energy to befriend your inner critic.

### Soothe Your Inner Critic

Sometimes we can be our own worst enemy. Negative thoughts will play on a tape recorder in our heads constantly. We can't completely get rid of our inner critics or our negative thoughts, but we can certainly reduce those negative thoughts. Let's look at strategies to gain insight into befriend our inner critic.

### **The Rain Technique**

**Recognize what is happening** – The first step is to recognize your thoughts and emotions. What sensations are presenting in your body? What beliefs are showing up for you?

**Allow life to be just as it is** – Allow yourself to sit with whatever is showing up for you. Do not try to change your experience. You can use affirming statements here if it helps. For example: "I let this moment be."

**Invest with gentle curious attention** – Using a soft curiosity, begin to investigate your experience of what is coming up for you. This can include: What is the most difficult part of this emotion/belief/thought? Have you experienced this emotion/belief/thought before? What do you need in this moment?

**Nurture with loving presence** – Identify what compassionate action you can take to nurture yourself. Befriend your experience. Offer it kindness. Take thoughtful action, whether it be internal or external.

### **Self-Compassionate Reframing**

Self-Critical Thought	Self-Compassionate Reframe
"I really suck at life. I eat crappy food. I don't work out nearly enough, and I look gross."	"It has been hard for me to take care of myself because it has been a tough year."
"I am not worthy of self-compassion. I need to be hard on myself. I want to change and be successful."	"I am worthy of the same compassion I show others. Self-compassion will not impede me and will actually motivate me toward change and achieving my goals."

### **Creative Externalizing of Your Inner Critic**

- Close your eyes and imagine that your inner critic popped out of your body.

- Think about what your inner critic might look like.
- Imagine yourself befriending this externalized inner critic.
- As it begins to respond to your kindness, how would its appearance change?

“When we direct a lot of hostile energy toward the inner critic, we enter into a losing battle.”

-Sharon Salzberg

Peace,  
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