

Inner Critic Transformation

Maturing Your Inner Critic Into Your Inner Steward As Part of Reclaiming & Elevating Your Ethical Personal Power Effectiveness™



Part of Strategic Integrative Self-Development™

Overview

Inner Critic Definition	Our Inner Critic is the part of our childhood Survival Plan that started out as an inner “librarian” — the keeper of the rules we needed to follow in order to feel loved, validated and safe.
Why Inner Critic Mastery Matters	By the time we bring our Inner Critic with us into adulthood it has become an inner tyrant. It has become the boss of us, functioning as though it’s our Higher Power. Our Inner Critic rules by shaming us and guilting others if we don’t meet its impossible expectations.
What Our Inner Critic Is Meant to Become	As adults, our Inner Critic is meant to mature into becoming our Inner Steward: the part of us that maintains stability, predictability, organization & standards that promotes our personal authenticity & creativity, our connectedness & collaboration with others, and our capacity to have positive impact in the world.
Steps for Growing Up Our Inner Critic	<ol style="list-style-type: none"> 1. Recognize: Notice when your Inner Critic is having toxic impact 2. Restrain: Reassert yourself as the sovereign of your life 3. Reframe: Separate the wisdom in your Critic’s messages from its spin 4. Retrain: Mature your Inner Critic into your Inner Steward

The 4-Step Inner Critic Transformation Procedure

①	②	③	④
Recognize	Restrain	Reframe	Retrain

Your 4-Step Inner Critic Transformation Process

Step	What to Do	Fill In Your Specifics
① Recognize When Your Inner Critic is Having Toxic Impact	List the symptoms - sensations, emotions, thoughts, actions (“Vapor Trails”) - that are your personal warning system that your Inner Critic has become activated. When you notice any of these symptoms in yourself, inwardly call your Inner Critic out into the open by inwardly acknowledging it with a statement like, “Oh, I see you’re active right now.” Write your symptoms & acknowledgment statement.	
② Restrain Your Inner Critic From Having Toxic Impact	Remind yourself that your Inner Critic is a flawed advisor, not your final authority — that it’s not the boss of you. Reassert yourself as the sovereign of your life — of the stories you tell yourself, the choices you make based on those stories, and the words & actions you use to implement your choices. Write your self-reminder statement. In specific situations when your Critic is active, also write what your Inner Critic is saying.	
③ Reframe the Truth That’s Hiding In Your Critic’s Message So It Serves You	Your Inner Critic’s messages are only credible to you because they contain grains, pebbles or even boulders of truth. In this step, those slices of truth are separated from your Inner Critic’s negative spin about them. You do this by identifying each slice of truth and bringing it to your higher wisdom (however you conceive of that) to discover how to see it through the eyes of love instead of through the filter of shame. Write what each slice of truth looks like through the eyes of love.	
④ Retrain Your Inner Critic Into Becoming Your Inner Steward	The final step to do each time your Inner Critic surfaces is to remind yourself and your Critic that its best way to help you is by functioning as a Steward rather than as a Critic. In contrast to an Inner Critic, an Inner Steward uses predictability, standards, organization and standards to enhance authenticity, creativity, lovingness, and positive impact. Write your Inner Steward's job description.	