LIGHTHOUSE NINE GROUP

wrk sheet

1) TRACK AND IDENTIFY

What are the most common negative voices or messages that get in your way (a.k.a critics)?

2) AND ASK YOUR SELF, WHEN THEY ARRIVE:

What emotion did I feel?

What is the impact on me?

What is the impact on others around me?

3) NAME YOUR CRITIC

What life moments have fed my critic?

What might they trying to protect me from?

What do they want?

My inner critic profile.

Their refrain (common message)

When they show up most often

4) MANAGE

Choose what to do with your inner critic. When your inner critic appears, you have two options: disrupt/dismiss it or engage with it. Choose the approach that feels right for you in the moment.

OPTION 1 *Disrupt*

Sometimes, it's better to disrupt or dismiss the voice of the critic. Use the following techniques:

Three Breaths: Take three deep breaths, focusing on each one. As you inhale, silently say "breathing in," and as you exhale, say "breathing out." This helps calm your mind and body.

"Thanks, Not Now": When the inner critic shows up, simply say, "Thanks, but not now." This phrase reminds you that while the critic is part of you, you are in control.

Sing to the "Happy Birthday" Tune: Take the doubts in your head and sing them to the tune of "Happy Birthday." This playful method forces you to disconnect and makes it hard to take the critic seriously.

OPTION 2 *Engage*

If you prefer to explore what your critic is saying, engage with it using the S.A.I.L. technique:

S - Stop and Breathe: Pause and take a moment to breathe deeply.
A - Acknowledge & Allow: Recognize that emotions are happening to you; they aren't you. Simply allow them to be present without identifying with them.
I - Investigate: Reflect on what you are feeling. What might be behind this emotion? How does this impact you and others? Is the inner critic helping or hindering you?
L - Learn or Let Go: After investigating, ask yourself: What can I learn from this? Or, if it isn't useful, let it go. Use what helps you, and release what doesn't.