

The Inner Critic

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone stuck in overthinking, self-doubt, or waiting to feel ready before taking a step they already know they want to take.

PAIN

A voice that questions whether you are capable or ready, keeping you circling the same decision instead of moving on it.

SOLVES

Separates what your mind is telling you from what is actually true, so you can act on evidence instead of fear.

TOPIC

CAREER TRANSITION

JOB SEARCH & INTERVIEWS

BUSINESS & ENTREPRENEURSHIP

LIFE & MEANING

READ TIME
2 minutes

TIME REQUIRED
20–30 min

WHAT YOU NEED
notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Catch the voice

Think of a decision or a step you have been putting off. Write down exactly what your mind tells you when you consider taking it. Word for word, no editing, no softening it to sound reasonable.

- What is the exact sentence my mind repeats about this?

Step 2: Question the evidence

Read what you wrote. For each sentence, ask yourself:

- Is this true, or does it just feel true?
- What proof do I have, and what proof am I choosing to ignore?

Step 3: Give it a name

Give this voice a name or a shape, something that makes it feel separate from you rather than fused with you. It helps if it sounds a little ridiculous.

- If this voice belonged to someone else, would I believe them?

Step 4: Write the counter-argument

For each fear or doubt from Step 1, write one honest sentence that argues back. Not a hype speech, not something you would put on a motivational poster. Just what is true.

- What am I feeling when I read the counter-argument?
- What would I do next if I believed this instead?

Example. Jane had the experience, the network, and a plan to leave her corporate role and start consulting. Every time she got close to telling anyone, her mind said, "you are not ready, you will look foolish if this fails." She wrote it down word for word and asked for proof. The only evidence she found was a feeling, not a fact. She named the voice "the intern," because it sounded young and unsure of itself, nothing like the person who had run million dollar projects for a decade. Her counter-argument: "I have solved this exact problem for three different companies. I am not guessing, I have done it." She sent the first email that week.

BEFORE YOU CLOSE THIS

Keep your counter-argument somewhere you will see it the next time the voice shows up. It will show up again, that is fine, you just need to recognize it faster.

CONTINUE WITH

Done Is a Decision, if the voice is not about starting but about never feeling finished, this practice helps you call something done and let it go.

Curated by: Simon De Los Rios

Source: SDLR (original)