PRACTICE

The Inner Critic

Curated by Simon De Los Rios

WHO IS THIS FOR

You overthink, doubt yourself, or wait to feel ready before a step you already want to take, or you have believed a story about yourself for years.

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 true, so you can act on evidence instead of fear.

TOPIC

CAREER TRANSITION | JOB SEARCH & INTERVIEWS | BUSINESS & ENTREPRENEURSHIP | LIFE & MEANING

READ TIME	TIME REQUIRED	WHAT YOU NEED
2 minutes	20 to 30 min	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, or a story about yourself that keeps coming back. 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. Copy each sentence into the table, and write the proof for it and the proof against it.

WHAT THE VOICE SAYS	PROOF FOR IT	PROOF AGAINST IT

– *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, built from facts you can point to.

– *What am I feeling when I read the counter-argument?*

– *What would I do next if I believed this instead?*

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 gets loudest when you are close to finishing something, this practice helps you call it done and let it go.

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