

The **inner critic** is the equivalent to the Freudian notion of the superego. It tends to stop us in our tracks every time we grow beyond whatever it deemed was safe when we were small children, and it doesn't realize that we are no longer those small children.

All types have their own inner critics trying to protect us. One's are just more aware of theirs.

~ Russ Hudson

<https://russhudson.com/mondays-with-russ-hudson-catherine-bell/>
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