

5 Strategies to Tame Your Inner Critic

Editor's Pick. Written by Laura Markham.

The inner critic's goal is to protect us. It thinks its job is to constantly scan for threats so it can keep us safe: future dangers, past problems we keep reliving to prevent their recurrence (or prove we were right!), defects in others that we need to control and correct, and deep flaws in us that we fear threaten our very survival because they make us unlovable. No wonder we so often ricochet between anxiety and depression.

You can't get rid of your inner critic. It's just part of the human mind. But you can greatly reduce its fear level, and get it serving, rather than running, you. Here's a 5 Step Process to Tame Your Inner Critic.

Read the full thing at AhaParenting.com »