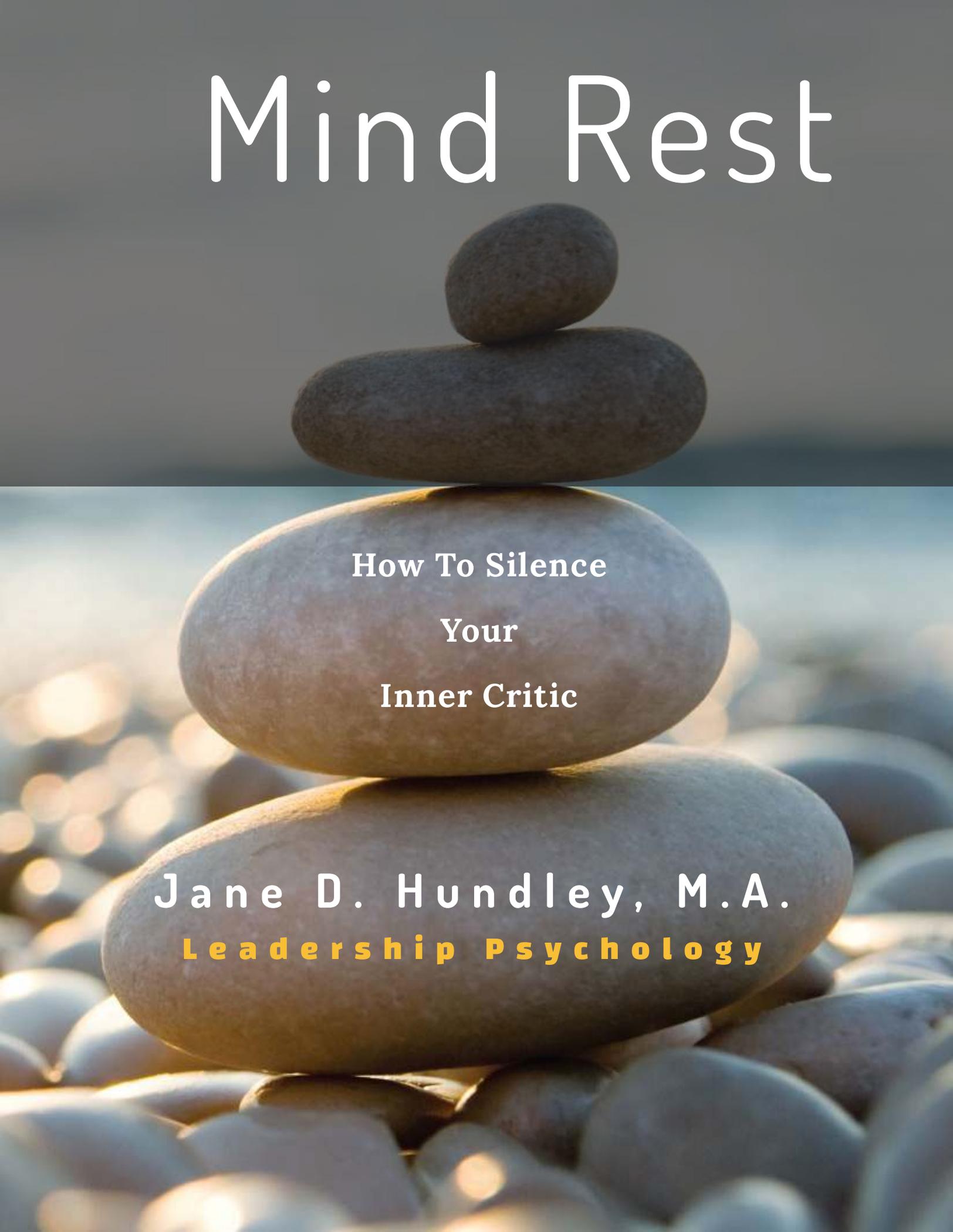


# Mind Rest



How To Silence  
Your  
Inner Critic

Jane D. Hundley, M.A.  
**Leadership Psychology**

### **Do These 4 Steps and Nullify the Impact of Your Inner Critic, Harness the Power of it, and Unleash Your Passion, Purpose and Presence!**

Your Inner Critic is an opponent and must be challenged if you want to get it under control. This is essential to think clearly and have more peace of mind.

One of my specialties in coaching is to silence the inner critic, and there is no better way to achieve mind rest than to learn to silence it.

There are four strategies and specific tactics to employ when you become aware of your inner critic chiming in to get a word in that will, of course, be critical.

The entire role of the inner critic is to criticize you about something that is occurring, about something you are doing or not doing. And when it can't figure out how to create something in the present to criticize you about, it's going to dig around in your memory and remind you of mistakes and failures in the past.

This inner critic is a constant chatter talking to you all the time and will only stop if you become aware and redirect that self-dialogue that can sound so very familiar – like wearing an old shoe.

It fits and has conformed to you perfectly, perhaps so much so that you don't even feel it. But, it's there usually talking incessantly to you about how you are and what is 'wrong' with you. That's just the inner critic's job - to criticize you.

Silencing your Inner Critic is key to maximizing your top five thinking skills that are essential to your leadership presence.

The following 4 tactics will help you halt the dialogue, harness your personal power and help you pivot your energy in a positive life generating and motivating direction.

Do this as many times a day as necessary!

### **Four Steps**

1. Notice
2. Expand
3. Catch
4. Declare

### Step 1: Notice

First, you have to notice it. Many times people are unaware of the beginning of negative thoughts and may feel it first. If you have a feeling that is negative – like shame or guilt for no reason, then that is likely the inner critic been talking up a storm without you being aware of it yet. So, notice it first. The inner critic can have a loud voice easy to hear, or it can whisper underneath other thoughts, so you have to be vigilant. The critic likes to sneak in at the most opportune times when you are resting, or not focusing on a specific task, or taking a walk. It can wake you up and make it really hard to go back to sleep! So, notice when it is there and attend to it's attack right away.

### Step 2: Expand

When you notice it, as much as you can expand out your body. Stand up, extend your body out as far as you can: Your legs, your feet, your arms, and breathe. Do what I call belly breathing and ocean breathing. Belly breathing is where you relax your belly and let it fill up with air like a balloon on the inhale, and on the exhale it contracts. You would be surprised how many times people breathe backwards. You must be breathing in the belly breathing and expand and extend your body at the same time. It's not really a stretch. What you're doing is extending your entire body outward. There are a lot of exercises you can do, but for now, just stand up, move out and get big!

### Step 3: Catch

Catch one of those negative thoughts, whichever thought that that is, and go ahead and write that down because obviously it's going to be negative. Catch that thought, write it down. Then, immediately rewrite that sentence with a bunch of reversed statements that you can declare. Cancel that thought and sentence by crossing out each word with an X.

For instance, if critic says, "You're just too stupid to do this." Now, put an X over every single word in that sentence. Say no, this is a lie. Underneath write down the truth. If you cannot write, then imagine all this in your mind or state it out loud if you can or silently if you cannot.

The car is a great place to voice and declare new positive truths.

You can even state an entire paragraph of positive statements to replace just one negative thought. For instance, after crossing out 'I am not smart enough for this' write down many positive ones as your truth. Such as "I don't have to know every single thing because I've got resources around me to find out what is the next step to get the knowledge that I need." "I am a resourceful person who can find out any of the information that I need to take my next step." "I am taking smart steps. I have divine intelligence working on my behalf. And just saying this right here is smart. Just doing this exercise right now is smart!"

### Step 4: Declare

Now to really get into the declaration of these truths. These are statements you are working to make them true. One of the best ways is to link your past with your present to declare a new and great future. Here's how: Think of a time in your past where you had an incredible moment of positivity and you were totally on in your sweet spot, flow, or you pulled it off in the midst of struggle, a time when you won and you were filled with awesomeness. You were rocking it and you just felt really good under your skin and things were going great. And you felt like you were moving ahead in your life purpose and your purpose in life. All right. So remember that moment. You can write it down too the first time and use this many times. Now, close your eyes and really go into that memory. Go into that memory and look around you. What do you see? What do you hear in your environment? Maybe if you're out in the woods, you're hearing birds, you're hearing trees, you're hearing people talk, you're hearing laughter. You're hearing whatever you hear around you at that time. Turn your awareness inside your body and tune into the exhilarating feelings that you had at that time. What were your emotions, thoughts, feelings, sensations? Now hook onto that and own it! Feel all of this while at the same time speaking and declaring your positive thoughts to counteract the critic. Owning what it feels like now, what it's going to feel like, and what it already feels like right now that I'm embodying my new declaration already.

Where I'm getting ahead, I'm smart. I'm making the right steps. I'm getting my resources.

For extra goodness, EMBODY the new statements! Go out for a workout. I'd say a walk is maybe even better, or a run, because you can get in a groove and you can refer back to all those feelings in your moment of awesomeness in your past. And then also, declare over and over again while you're getting it into your body. You are embodying your declaration, and you're going to do it the whole time you walk, run, dance and move. (You can also be doing a chore moving your body and repeating this at the same time). Doesn't matter if you do this for five minutes or an hour.

Your kinesthetic intelligence is a real thing. When you get it so clear in your body that you are declaring a truth, what you are saying and embodying and remembering in the now is a new intense memory to remind you that...guess what? The next time you catch the inner critic saying something, you catch it and say no. You flip right over to this state of embodiment of what the truth is. And you replace it over and over again in the now. Your inner critic will start to become really, really quiet, and not know what to say much anymore. Eventually your inner critic is going to stop trying because it constantly gets booted out of the ring, and that's what we want.

The critic does not deserve the space and time to be a loud commanding voice that it can have. We have to intentionally silent, muzzle and put a bit in it. Face it and say "You're a liar, and you're not welcome here anymore, and I don't align myself with what you say." The thing is, is that we're in battle every day, all the time. And we just can't get lax. But once you're a warrior, you've got your armor on, and you know how to put that armor on just like that. And these four things right here are part of your weapons in your tools, in your toolbox, to help you fight back the inner critic. But nobody else can fight it for you. You know what it's like when you have a negative thought, and somebody else will say, "Oh, you shouldn't feel that way," and you just feel worse. Now you feel negative about having a negative thought!

**Hey, it's okay! Catch it and reverse it. Don't give in, as many times as you need to do this.**

Nobody else can do that war for you. You have to stand up and fight that battle every single time it comes up, and eventually I guarantee you, that little inner critic voice that seems so booming, like it's going to talk to you and tell you what the truth about life is, no. It's going to get tiny, tiny, tiny, tiny. Very, very small, until it's barely a whisper. And then inner critic's going to say, "I might as well not even bother. She's just going to beat me back." Yep, that's right. I guarantee you, just do these four steps. You will become a victor and claim your real self and this will be awesome.

## Watch this video webinar too as Jane explains more about How to Silence Your Inner Critic!



# Jane Hundley, M.A.

## Leadership Psychologist & Holistic Coach



Jane Hundley is a leadership psychologist, executive coach, holistic counselor and what her clients call 'a secret weapon - aka 'pain-killer Jane'.

For over two decades, Jane has facilitated thousands of hours of in-depth coaching for emerging and seasoned leadership talent entrepreneurs, pro athletes and performing artists. She provides highly personalized learning environments with one-to-one and small group coaching. Jane earned her undergraduate degree in Applied Behavioral Science and graduate degree in Industrial Organizational (I/O) Psychology with concentration in Leadership Psychology. She helps you build greater leadership personal presence, mindful management and emotional intelligence. Her clients frequently report 'life-changing' outcomes.

### How to Reach Jane

1. Go to Jane's website at [impactmanagementusa.com](http://impactmanagementusa.com), sign in on the contact form and she will get in touch with you soon. Request to get on her calendar for a free coaching call.
2. Call Jane at (425) 957-1996. Ask her about her amazing Finding Your Core program that is second to none for helping leaders think better, with more clarity, confidence and calm.
3. Email jane at [jane@impactmanagementusa.com](mailto:jane@impactmanagementusa.com)
4. Go to LinkedIn and message Jane  
<https://www.linkedin.com/in/janehundleyimpactmanagement/>