



Reframe the observations made by your inner critic in a friendly, positive way. Perhaps imagine what a compassionate friend would say to you in this situation.



Make an active effort to soften the self-critical voice, doing so with compassion rather than self-judgment. Example: "I know you're worried about me and feel unsafe, but you are causing me unnecessary pain. Could you let my inner compassionate self say a few words now?"



Notice (and note) when you are being self-critical. Does the voice remind you of any one in your past who was critical of you?



Whenever you're feeling bad about something, think about what you've just said to yourself.



Instead of just ignoring your pain, you stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment?

Example: "Braveheart, I know you ate that bag of cookies because you're feeling really sad right now and you thought it would ease your suffering. But you feel even worse and are not feeling good in your body. I want you to be happy, so why don't you go outdoors and walk for a while so you feel better?"



Physical touch can tap into the caregiving system even if you're having trouble calling up emotions of kindness at first, releasing oxytocin that will help change your bio-chemistry. The important thing is that you start acting kindly, and feelings of true warmth and caring will eventually follow.

Changing your critical self-talk

**Self-Compassion
The Proven Power of
Being Kind to Yourself
Dr. Kristin Neff**