



MANAGING THE INNER CRITIC

We all have at least two voices within us, based in two entirely different regions of our brain: the empowering voice and the limiting voice. The limiting voice rests within our limbic system, often referred to as a survival brain region. Our empowering voice is based within the **positive intelligence** region of our brain, the prefrontal cortex.

Our **limiting voice** is all about existing and surviving. It is associated with feelings like anxiety, stress, anger, guilt, blame, regret, shame and disappointment. Whether you call this voice your inner critic, saboteur, gremlin or negative thoughts – this is where they live.

Our **empowering voice**, on the other hand, is scientifically responsible for thriving and this voice is able to see and appreciate our worth, recognise our strengths and grow the seeds of courage we plant. It is associated with feelings like curiosity, excitement, gratitude, empathy, joy, calmness, creativity and peace.

Those voices are a part of who we are, because that's how our brain is structured. It is our responsibility however, to manage those voices effectively so that they won't block our growth and development and most importantly they don't impact our self-worth and self-esteem.



BUILDING POSITIVE INTELLIGENCE

- I Whatever thought is causing your stress, label it as a Saboteur lie so it loses its credibility and power over you. For example, "I think I will mess this up", becomes "My lying Saboteur insists I will mess this up". Feel the difference?
- II Then, shift your attention to a physical sensation for at least 10 seconds. For example, focus intently on your next few breaths, or rub your thumb and index finger together. This quietens the regions of the brain that fuel your saboteurs (survival brain) and it builds the region of the brain related to your PQ (Positive Intelligence).
- III When the saboteur thought comes back, and it will, repeat this process with patience. If you get upset at it, you will only be fuelling it. Tip: You could even give your saboteur a name such as "Wicked Witch" or "Know It All" to poke a little fun at and further discredit it.

You can't defeat an enemy that you don't see, or one that successfully masquerades as your friend. So take the assessment below to identify your saboteurs and expose their lies to discredit them. Learn how to use your Sage powers (empowering thoughts) to quieten your Saboteurs.

Free Saboteur Assessment
Online – [Click Here.](#)



STRATEGIES TO COMBAT YOUR SABOTEURS

Once you have your saboteur results from the assessment, create a strategy for managing your top two saboteurs.

For example, if one of your saboteurs is 'Pleaser' then consider all the ways in which this impacts you negatively. The thoughts you have and your behaviours. Perhaps you think that people will think you are difficult and withdraw their love if you don't do what they want. So you put others needs ahead of yours. Or maybe you have difficulty letting people help you.

Then think of what you would like to do differently if you felt confident to do so. For example, telling people that you can't do something or asking someone to support you.

Now think of one step that you feel comfortable doing but that is different from your current action and closer to your desired action.

Now celebrate yourself for taking a new action. This will build the neural pathways in the brain the positive intelligence part of the brain.



STRATEGIES TO COMBAT YOUR SABOTEURS

Which saboteur are you working with?

What are the lies this saboteur tells you frequently?

The negative way's this saboteur makes you behave?

Desired behaviour(s)

What are you committing to do differently (remember the change can be big or small. It just needs to get you out of your comfort and doing things the way you always have).



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