Dr Alla Demutska

MEET YOUR INNER CRITIC · PRACTICE SHEET

The First Step Toward the Inner Ally

A sheet to use with the audio

What changes the relationship with the critic, slowly, is a different voice beside it, a voice trained on warmth, accuracy and care. The inner ally is not positive self-talk and it is not affirmations. It is a part of you that can stay with you while you are struggling, without flinching, without fixing, without leaving. Most women have rarely been spoken to this way by anyone. Growing it is the work of the course. Today you sketch it, and feel it in the body. Fill this in after the audio, or pause as you go.

1. What would the voice sound like?

A voice beside the critic that knows what you have been through and wants you to live well.

2. What quality of tone would it have?

Warmth. Steadiness. Dry honesty. Compassion with no sentimentality in it. Something else.

3. Is there a voice, real or imagined, that has ever spoken to you this way?

Often no one specific, only a felt sense of how you would want to be addressed, and that is enough. Or someone: a grandmother, a teacher who saw you, a friend, a therapist, a character in a book.

4. Beside you. What the body does.

Imagine this presence beside you, not in front. Where do you feel it first? What softens, what steadies? What happens to your breath, your jaw, your shoulders? Its temperature, pace and closeness next to the critic's. A few words for each is enough.

If nothing softens, or something tightens instead, that is information too. Come back to your feet on the floor and your hand on your chest, and leave the rest for another day.

Keep what you wrote. You will come back to it.