

THE INNER CRITIC

A FREE INSIGHT MINI GUIDE



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THE INSIGHT

There is a voice in your head that knows exactly what to say to cut you down. It has been with you for years, maybe for as long as you can remember. It sounds like you, which is what makes it so hard to recognize as something separate. It tells you that you're not doing enough, not being enough, not achieving enough. It tells you that other people have it figured out and you're the only one struggling. It tells you that your best effort was probably mediocre and everyone noticed. It speaks with absolute authority, and you have learned to believe it without question.

That voice is **not** the truth. It's not your conscience, or a realistic assessment of your performance or worth. It's an internalized critic, assembled over years from the voices of people and systems that shaped you. A critical parent, a demanding teacher, a competitive peer group, a culture that tells women they must be excellent at everything or they are failing. The inner critic absorbed all of these messages, synthesized them, and installed itself in your mind as a permanent commentator.

Here's what makes the critic so confusing. It generally believes it's helping you. It thinks that if it criticises you sharply enough, you'll improve. If it catches every mistake before anyone else does, you'll be safe. If it pushes you hard enough, you'll succeed. The critic started as the protector, a part of you that wanted to keep you from failing or being rejected or getting hurt.

Over time, the protection became embedded, like a personality trait, except it's not. Now the voice that was supposed to keep you safe, makes you feel like you're never enough.

Recognizing the inner critic as something distinct from yourself is the beginning of freedom. It is not your authentic voice. It is not your intuition. It is not even particularly original. It is a recording of old messages, playing on repeat, and recordings can be paused, the volume turned down, and eventually replaced.

THE ACTION

One Thing You Can Try Today

The next time you hear the critic's voice, do not argue with it. Do not try to refute its claims or prove it wrong. Simply name it.

"That's the critic."

Say it out loud if you can. Say it in your head if you're in public. The goal is not to silence the voice. The goal is to create a tiny gap between you and the voice, to recognize it as something separate from yourself. You are not the critic. You are the person hearing the critic. That distinction is everything.

Once you've named it, ask yourself one question. "Would I say this to a friend?" If the answer is no, which it almost always will be, let the thought pass without engaging it further. You don't need to replace it with a positive affirmation. You don't need to fix it. Just let it pass, like a mean comment from a stranger you choose not to respond to. The critic thrives on engagement. Starve it of attention, and its voice begins to lose power.

THE REFLECTION

Want to Go More In-Depth?

The inner critic is woven through all four of the patterns I work with. For example, The Good Girl Contract Workbook addresses the Achievement and Approval Clauses that often fuel the critic's loudest attacks. The Self-Abandonment Ladder Workbook explores how the critic can drive you further from your own voice and deeper into disconnection.

The Good Girl Contract Workbook is available for purchase here: **Good Girl Contract Workbook**

You can also take the **free Pattern Recognition Quiz** [here](#), to discover which pattern is running in your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you. Book a session with me and/or ask a question here: **Insight Therapy and Consulting**.

Let's talk about it.

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