

We are Our Own Worst Enemy



Michelangelo's "The Torment of Saint Anthony"

Our minds seem to have an infinite supply of critical comments. "I am not good enough," "I know they will see right through me," "I can't do all of these things they can do." Our inner voices share comments that are hard to ignore. They distract us, and can they limit us. Our inner critics can cripple us sometimes.

According to the Institute of Mindful Leadership, these critics are not constructive and don't deal with the facts. They are story-tellers. And when we feed on the words of our inner critics, the stories can become a full-length feature film freezing us from action. We begin to believe the criticisms. Those critical comments have the power to prevent us from doing our best or taking the chances needed to find more success.

So, how can you change this? Erase the thoughts of your inner critics? The Institute recommends the following-

1. Begin by calling to mind an example of an inner critic statement. As you do so, notice if other thoughts start to pop up to enhance the statement, or if you start feeling any discomfort. Are they familiar? When else do you notice those thoughts or feelings?
2. Now see if you can meet those words and thoughts with this sentence: "This may or may not be true." Once again pay attention to feelings as they arise.

There is no need for you to try to deny the critical comment. What you want to do is develop a different relationship to the words that pop into your head. Know that there is possibility for a different outcome—that those words are not true. That you can pull out of yourself the strength to dispel it. Once you begin to face these inner critics, you can begin to lessen the occurrences and get motivated to stay positive and moving forward.