



Deep Release Online
Professional Training for Counsellors

Taming the Inner Critic



CHALLENGING THE WINDOW CLEANER

- Shame
- Fear of his anger
- Anxiety re hurting his feelings
- Fear of being abandoned



*Let's go over all
the awful things
you've done since
childhood...*

*You're going to
screw it up big
time...*

*Who do you
think you are?*

*Why did you
say that?
What got into
you?*

*You said Yes, when
you should have
said NO. What's
WRONG with you?*

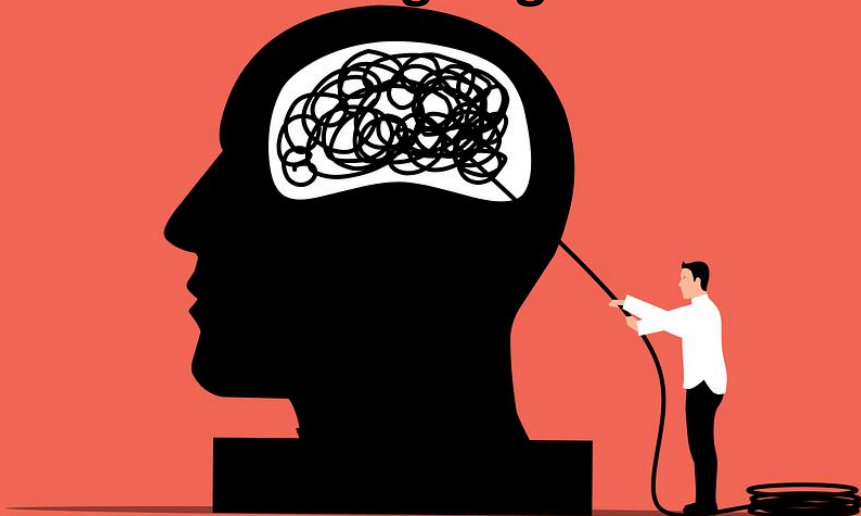


**The more we are exposed to criticism, rejection and negative messages
the louder the inner critic becomes**

THEORETICAL UNDERSTANDINGS

- Freud
 - Transactional Analysis
 - Person Centred Counselling
 - Gestalt
 - Cognitive Behavioural Therapy
 - Inner Child concepts
 - Maslow's Hierarchy of Needs
- The Superego
 - The Critical Parent ego state
 - Conditions of Worth / Configurations of Self
 - Introjection / Sum of the parts
 - Negative Automatic Thoughts
 - Developmental deficit / Trauma, Abuse, Neglect
 - Developmental deficit

How do I make sense of what's going on?



Which way of working do I choose?

WHAT IS AN INNER CRITIC?

- Popular psychology term
- Google 'inner critic' – 34 million results!
- Personifies our negative thoughts and judgements about ourselves
- It's (in part) an accumulation of childhood messages
- In some way we heard that we were...
 - *Not enough*
 - *Wrong*
 - *Hurtful*
 - *Inadequate*
 - *Bad*
 - *Stupid*
 - *Careless*
 - *Thoughtless*
 - *Pathetic*



*You're pathetic,
fat, stupid,
hopeless, unkind,
a nuisance, ugly
Nobody likes you!
You don't fit in!
You should be
ashamed of
yourself*

IC = INNER CRITIC



IC = INNER CHILD



WHAT'S THE UNDERLYING MESSAGE?

Think of the people in Ukraine! And all the people who are really suffering!

It's your own fault, you didn't check it out, you didn't **THINK!**

PULL YOURSELF TOGETHER!!

You've nothing to be unhappy about!

You never LISTEN!!

You'll never amount to anything if you go on like this!

Why must you always be so DIFFICULT!?

Everyone is getting fed up with you!

Just do what they want and get on with it! Stop making a fuss!

If you're not careful people will start getting really angry with you!



INTERNALISING A CRITICAL VOICE





KAY'S STORY

DRAW YOUR INNER CRITIC!



MY INNER CRITIC.

Share in Buddy Groups

1. Share your Inner Critic drawings with one another
2. How does your own Inner Critic affect your life and relationships?
3. How easy do you find it to share this? What feelings are you aware of?

15 minutes



Internal Family Systems

Jay Earley and Bonnie Weiss have identified 7 types of inner critics:

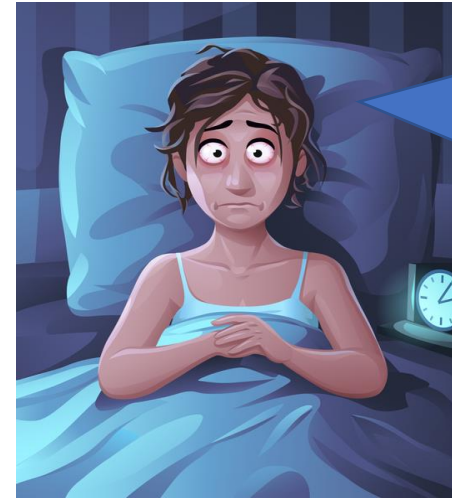
- **the perfectionist** - *Don't stop till it's 100% perfect, then you'll be ok*
- **the slavedriver** - *Try harder! Work harder! Don't be lazy!*
- **the inner controller** - *Shame on you for eating all that chocolate!*
- **the guilt tripper** - *How could you have done that / said that!*
- **the underminer** - *You can't do that! Who do you think you are?*
- **the moulder** - *Don't be different! Be who people want you to be!*
- **the destroyer** - *You are worth nothing – why are you even alive?*



The Perfectionist
Don't make mistakes!

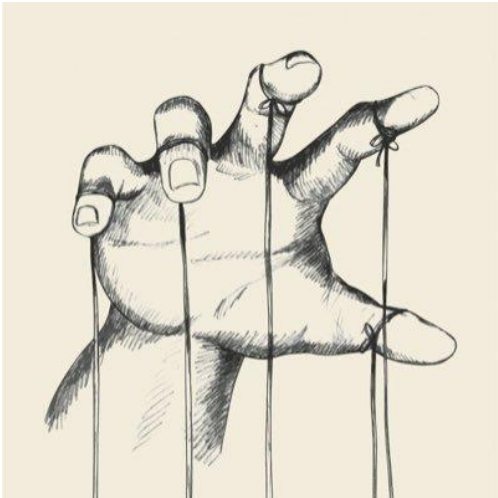


The Slavedriver
Work harder! Try harder!



The Guilt-tripper
You're not a nice person

Let's remember what
you did
... when you were 7
...when you were 27
...at that party
...when you upset that
student
*Everyone else
remembers!*



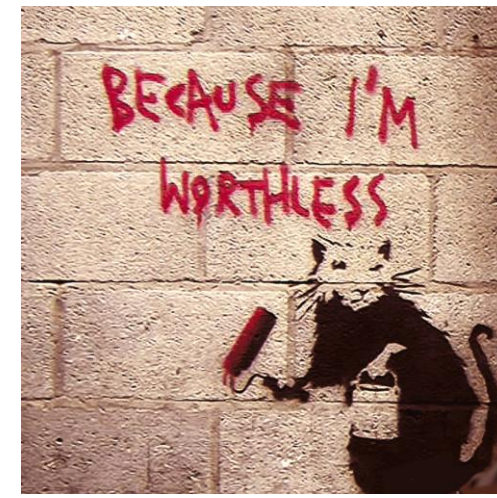
The Inner Controller
Get a Grip!



The Underminer
Don't even Try!



The Moulder
Do what they want!



The Destroyer
Just give up...

WHY THE INNER CRITIC TACTICS DON'T WORK

“If the Inner Critic catches all our mistakes and inadequacies before anyone else does... there is nothing about us to displease anyone, and we will be safe from criticism.

Unfortunately, by the time the Inner Critic is finished with us, our self-esteem is shot to pieces and we feel totally unlovable...

We then go back to our old friend, the Perfectionist, and work even harder to make ourselves acceptable.”



CREATIVE INTERVENTIONS: WORKING WITH NESTING DOLLS



THE PROTECTOR CONTROLLER

- As young children we learn quickly what brings rewards, pleasure and approval from our carers
- We also know what kind of behaviour results in their being disappointed in us, earning disapproval and punishment
- We develop a “Protector Controller” who starts to take control to keep us safe



- https://voicedialogueinternational.com/articles/Embracing_All_Our_Selves.htm
- Lucia Capacchione, Recovery of your Inner Child

THE PROTECTOR CONTROLLER'S TEAM



BE PERFECT!

**PLEASE
ALWAYS**

What you did
was wrong –
you are a bad
person

You have really
disappointed
your parents
and God

You've upset
and hurt people
– you are
unkind

How could you
have been so
STUPID!



PERFECTIONISM - PERFORMING - PEOPLE PLEASING

**I will stop you
from doing
anything that
might go
wrong**

**I will
constantly
warn you of
the
consequences**

**I will keep you
away from risky
relationships**

**I am doing this
for your own
good!!**



AND DON'T WORRY.....

*We are doing this to
protect you and keep you
safe!*

**I will stop you
from doing
anything that
might go
wrong**

**I will
constantly
warn you of
the
consequences**

**I will keep you
away from risky
relationships**

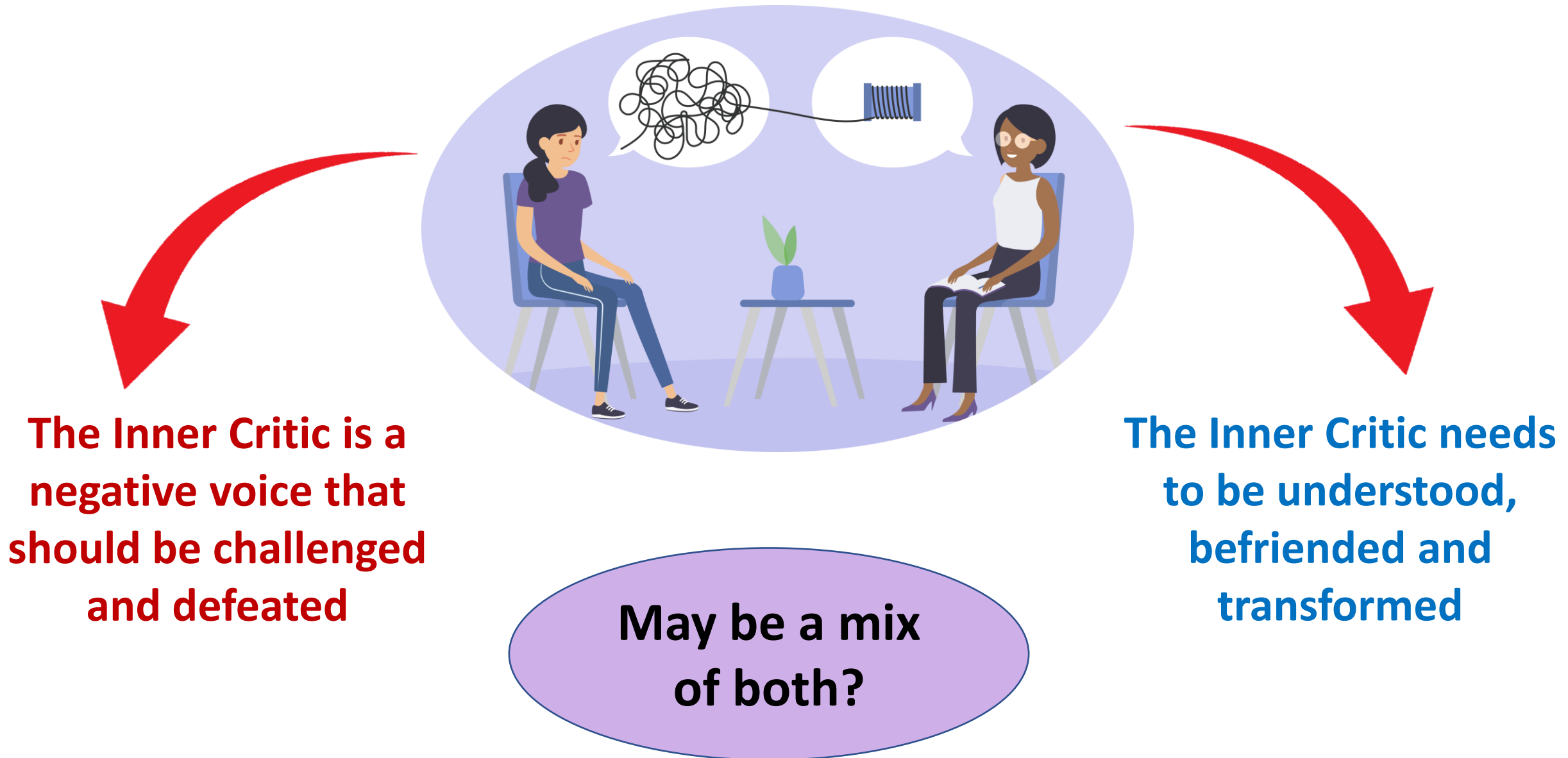
**I am doing this
for your own
good!!**





INTERVIEW WITH JACKIE

TWO BASIC APPROACHES TO WORKING WITH THE INNER CRITIC



DEFEAT THE VOICE!

The Voice is an enemy to be overcome

VOICE THERAPY, Dr Robert Firestone, Tamsen Firestone

1. Verbalise the voice in the 2nd person : *“You are such an idiot”, “Don’t go for that job interview, don’t humiliate yourself!”*
2. See if you can trace the original source of the Voice, eg: *“That’s my mother speaking!”*
3. Answer back emotionally (eg get angry) and describe yourself objectively – get a realistic picture of yourself
4. Recognise how the Voice affects you and controls your behaviour
5. Disagree with the Voice and take action

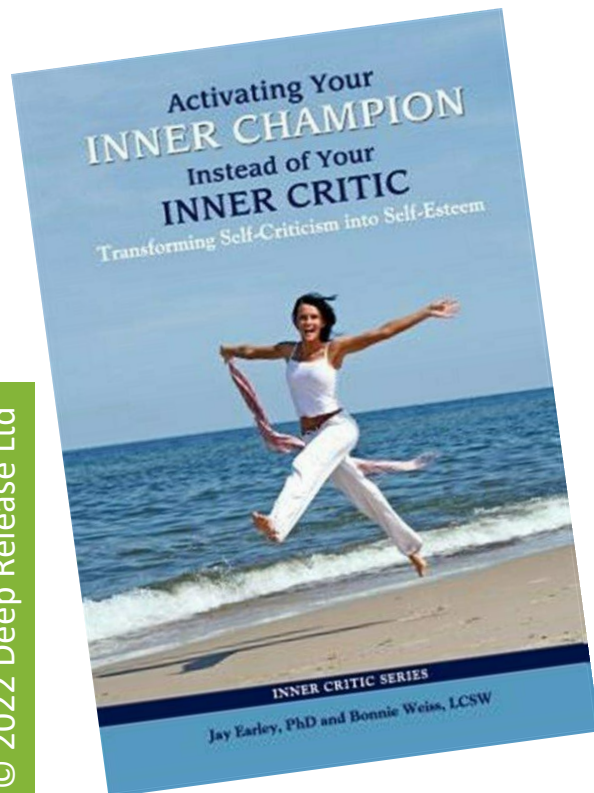


UNDERSTANDING AND HAVING COMPASSION FOR THE INNER CRITIC

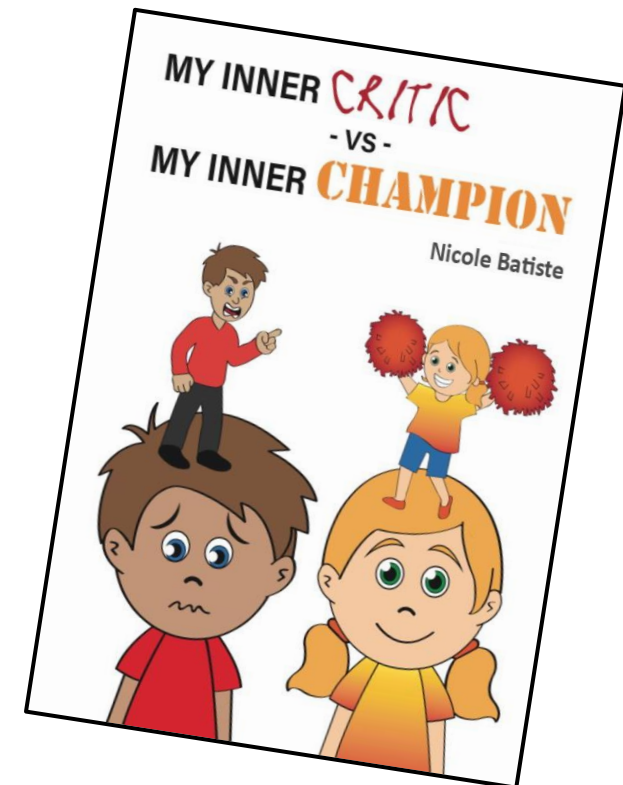
The Inner Critic is to be befriended and transformed

Jan Early and Beth Weiss, Internal Family Systems

“When you go inside and actually get to know an Inner Critic part ... it’s surprising to learn that it is actually trying to help you (even though it is really causing trouble). This makes it possible to make a personal connection with a Critic rather than fighting it, and this helps it to let go of its judgments.”



Find your
Inner Champion!



“In IFS, you never have to fight with a part or try to get rid of it. You can develop a trusting relationship with it and help it to relate to you more constructively.

Through [building a] relationship with our Critic, it can soften and become less harsh.”

“Hearing its concerns and pains might lead to your Inner Critic needing to express itself less.”
(Katz)

BEING COMFORTABLE WITH YOUR INNER CRITIC

- We can be more comfortable with negative messages than positive ones
- We develop a kind of security with the Inner Critic – it's familiar and can be weirdly 'safe'
- It is actually keeping us 'safe' – but it is really **over-control at the expense of our true self**
- Changing is scary
- Stepping into believing –
 - **we are actually doing fine**
 - **we are actually ok**
 - **it's healthy to receive and believe praise**
 - **it's healthy to have balanced self-worth**
- can be a long journey that can feel risky



Share in Buddy Groups

1. In your own experience, have you found it most helpful to dismiss, or to get to understand your Inner Critic?
2. Explore your responses to Jackie's testimony and how you relate to it

15 minutes



TIME FOR LUNCH

BACK AT 1:40 HRS





MARY'S STORY

CREATIVE INTERVENTIONS : USING ANIMALS

**WALLY THE
WOUNDED
DOG**



*How COULD
you?*

*You're in
SSSSOOOO
much trouble*

**SSSID THE
SSLITHERY SSSNAKE**



*Aaarrgh!!!
What were you
THINKING!!!*

**DILLY THE
DILOPHOSAURUS**



IDIOT!!!!

**LEONARDO
THE LION**





WORKING WITH CLAY

“GHOST” REVISITED!



- What is your Inner Critic saying?
- What sort of situations trigger it?
- Where did it come from?
- How do you feel about it?
- If you could change something what would you change, and how would you do that?
- What does your Inner Critic need?
- What is that part protecting?
- Is there a worry that that part has?



Your Turn!



RELATIONSHIP MATTERS!

The Importance of the Counsellor-Client Relationship

The client is a person, not a project

- Encounter not Invasion
 - Work at the client's edge of awareness
 - Work with what comes up
- *"Ooh, I think I can see an Inner Critic in there!"*
 - *The 'felt sense' of what is just becoming accessible to them*
 - *"I feel like giving up..."*
 - *"Something in you feels like giving up?"*



Working at relational depth in counselling and psychotherapy, Dave Mearns, Mick Cooper (2005)

Gendlin – Focusing – Edge of Awareness

RELATIONSHIP MATTERS!

The Importance of the Counsellor-Client Relationship

The client is a person, not a project

- Don't call the client's world into question when they don't see it that way yet
- Beware of being 'clever'
- Work on your own stuff – touchstones of experience
- Timing is everything - earn the right to express your opinion!





Resources



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Working with Gestalt in the Counselling Room – Training Video

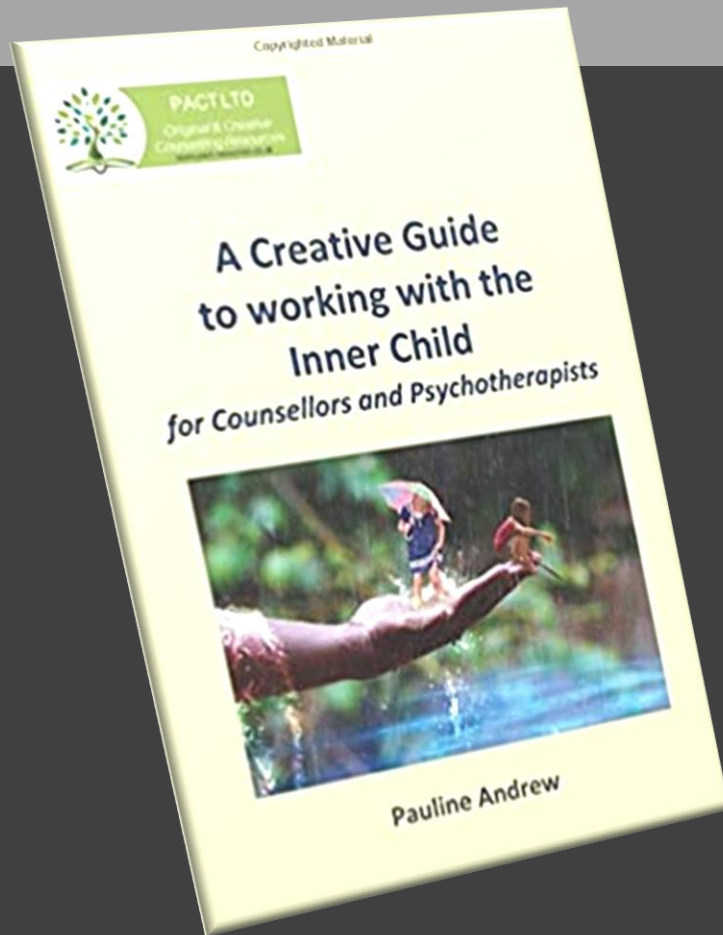
£30.00



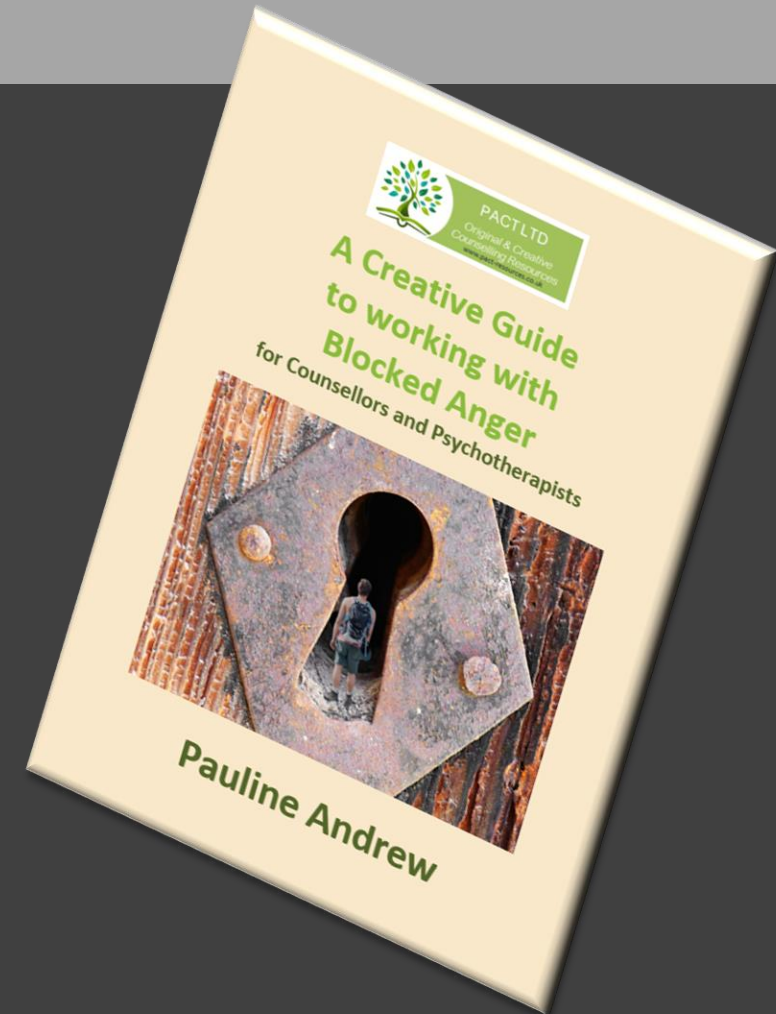
Attachment Behaviour in the Counselling Room – Training Video

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Coming next!



Releasing
Blocked
Emotions

Thurs Apr 28 or
Sat May 7

10.30am – 3.30pm

Please send us
your feedback!



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Thank you