

Hi,

I am Anjelica, a deeply intuitive healer, coach and guide passionate about helping you learn to transform your life through love and rediscover the beauty of intimacy, connection, and authenticity.

This simple yet powerful exercise is designed to help you understand where your inner critic shows up, uncover its hidden motivations, and begin building a more compassionate dialogue with yourself.

With love, Anjelica Patter



AWARENESS IS KEY- IDENTIFY YOUR INNER CRITIC

What is the inner critic?

The inner critic often develops as a way to protect us when we're young, shaped by things like critical voices from caregivers, societal pressures, or tough experiences that made us feel not good enough. It's like an overzealous guardian trying to keep us safe from failure or rejection. The inner critic is a part of our inner dialogue that judges, criticizes, and often undermines our self-worth.

The inner critic can pop up and keep us from being our most authentic self. For example it makes us feel shy on the dance-floor at our friends wedding, it is what keeps you tapping your foot at the table off to the side when you really want to be shaking your booty with your friends right in the middle of it all. It tells you things like " They are much better dancers than you, don't go out there." the inner critic is the part of you that remunerates about the small or large mistake you made. It tells you everything is worthless, you're a fraud and you shouldn't even try. The inner critic sneaks in as judgment of others and black and white thinking. It's the part of you that says " Life was better before and you messed this all up" The inner critic is the voice that keeps you playing small and undermines your ability to achieve your goals.

This part of you needs connection. I am going to teach you how to speak love and forgiveness to this so you're ready to dive in to shadow work.

There is no reason to go in to the darker parts of yourself if you don't have the basic tools for transformation. As cheesy as it sounds, LOVE is the most powerful force for change.

Working with the inner critic involves recognizing when this voice is at play, understanding its origin, and gradually reframing or quieting it with self-compassion and healthier self-talk. This helps shift from self-judgment to self-acceptance, allowing us to engage more fully and freely with life.

Discovering the Critic

Get into a comfortable space, take a few deep breaths, and settle into this moment. Allow yourself to be open and honest with what comes up, knowing that this process is for your growth and healing.

Step 1: Identifying Judgments Toward Others

Begin by thinking of someone in your life whom you find difficult to like. It could be a neighbor, a family member, a colleague, or anyone who brings up strong negative feelings for you. Let yourself be honest and direct as you bring this person to mind. *Write down* every harsh, critical, or even cruel thought you have about this person.

Do not censor yourself; it's important to release any judgments you're holding. Take your time to get all your thoughts down. There's no need to feel shame or guilt here—this is simply about uncovering your feelings honestly.

STEP 2: REFLECTING ON JUDGMENTS (AKA CRITICISM)

Now, go through each statement you've written, one by one pause, take a few deep breaths, and ask yourself:

When in my life have I felt this way about myself?

Has anyone ever said something similar about me, or made me feel this way? Do I recognize these criticisms as things I sometimes think about myself?

Allow yourself to explore any memories, feelings, or experiences that arise. These reflections may reveal moments where you internalized harsh judgments or expectations that now feed your inner critic.

