

# 5 DAY CHALLENGE

---

# RISE

CREATED BY

*Helen Courtney*

Founder of Soulful Woman Rising

---

Raise your confidence by transforming your Inner Critic into your Inner Champion, providing the courage to achieve soul-led happiness, success and fulfilment.



# Welcome



Welcome to Day Two of Rise; a 5 Day Challenge designed to provide soulful practices which enable you to transform your Inner Critic into your Inner Champion, helping you gain the courage to follow your dreams!

I trust that you appreciated yesterday's opening ceremony and found the guidebook informative and empowerment exercise enlightening! You now have a clear understanding of Inner Archetypes and the influential role they play in your daily thoughts, feelings, decisions and actions. Building a compassionate relationship with these sub-personalities will help raise your confidence, so that you can venture outside the confinements of your comfort zone and gain the courage to achieve soul-led happiness, success and fulfilment.

I believe a key part of the transformational process is consciously understanding the role of archetypes and the covert roles they play in your daily life, so that your yearning for change is driven from a place of true meaning. By igniting your deep desire for change, you'll ditch the excuses and find the motivation to complete the challenge. In today's guidebook you will learn specifically about the Inner Critic Archetype, how she was born and how to recognise when she is taking an active role in your thoughts, feelings, decisions and actions, as well as understand the language she uses in daily life. I recommend reading the Day Two Guidebook first and then listening to the guided meditation which accompanies today's Empowerment Exercise - Meeting in the Mirror.

Please remember that if you have any questions or if there is something that you wish to share, you can post in the private Facebook group. Here's a reminder of the link:

<https://www.facebook.com/groups/rise5daychallenge>

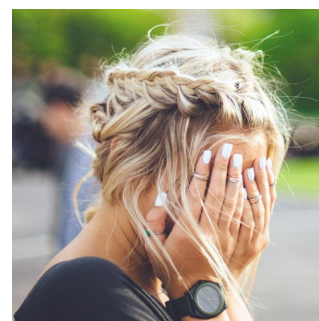
With soulful love and blessings

Helen

Founder of Soulful Woman Rising™



# Inner Critic



Your Inner Critic is just one of many shadow Inner Archetypes and is the personality who influences how you feel about yourself, how you behave and who also instructs you on how to live your life. She is like a lousy Life Coach who criticises your every move negatively impacting your emotional wellbeing, diminishing your self-esteem and undermining your confidence. She negatively impacts all or certain aspects of your life by hindering your relationships, undermining you at work, impacting your health or interfering with your parenting for example.

Your Inner Critic exists to varying degrees depending on who you're with, where you are and what you're doing. For example, she may be more active when you are alone highlighting your deepest insecurities or when with a loved one, she may make you question that persons love for you, projecting her own lack of self-worth onto the relationship. When you're at work she may challenge your belief in your abilities, encouraging you to not bother trying or to give up, therefore inhibiting your success.

Her tone tends to be criticising and judgemental, although this can sometimes change if she wants you to engage in self-destructive behaviours. She may encourage you to drink another glass of wine after a hard days work, telling you that you deserve it and yet she'll then criticise you for having no self-control. This is why the presence of your Inner Critic is less obvious at certain times.

It may sound counter intuitive, but your Inner Critic is in fact trying to keep you safe. Her methods are questionable I agree, as her attitudes and feelings simply reinforce your deepest fears and insecurities. Her negative thoughts, limiting beliefs and cynical attitude turn her into your worst enemy rather than your best friend.



## The Birth of your Inner Critic



Your inner Critic was born during your childhood from your early painful life experiences where you witnessed hurt towards yourself or others at home, school, socially or through the media. Your Inner Critic isn't reflective of whether you had a good or bad childhood or whether your parents were kind, supportive and loving or the opposite. She is the part of you that internalised what you saw, heard, experienced or witnessed as your own. The aspect of you that absorbed comments deeply into your mind and body and allowed them to form part of your identify.

She was born from the way that you were viewed by others and the attitudes that they showed towards you, as well as toxic feelings others felt about themselves which were projected onto you. This may have been from a perfectionist or controlling mom, an over protective or absent father, a jealous or overbearing sibling, passive or aggressive teacher or another significant caregiver. This is why the voice of your Inner Critic may remind you of someone from your past. Throughout life you carry the burden of this unconscious conditioning, along with societal messages and standards in regards to age, gender, race, body image, academic acumen and measure of success.

Your Inner Critic was conditioned to think, feel and behave in a particular way to keep you safe and prevent you from being hurt further by others. She exists to protect you from potential harm, failure or rejection and wants you to succeed, however she approaches life from a place of fear so therefore she deepens existing wounds or creates new ones. How you perceive yourself now, is therefore a result of childhood conditioning which stays with you, until you become aware of it and take positive action to change it.





## Recognising Your Inner Critic



Only you can determine for yourself when your inner critic is talking or when it may be another archetype. The more time you spend with your Inner Critic, the more familiar you'll become with her voice and you'll be able to identify when she's active. This provides the opportunity for you to listen to her so she feel seen, heard and acknowledged. From a place of understanding healing can then take place giving you the ability to then choose whether to take direction from her or from a different aspect of yourself. There are numerous ways that you can become more aware of your Inner Critic. Here are just a few that I'd like to share:

- Negative inner monologue - a voice which says judgmental and harsh things that you would never say to someone else.
- Problematic thought loop - repeated thoughts which play over and over again like a broken record and that are devoid of conscious thinking.
- Irrational thoughts - these feed off your greatest anxieties and fears that just won't seem to leave you.
- Out of control internal commentary - a voice that feels intrusive, rather than one which reflects soulful thinking.
- Encouragement of self-destructive behaviours - she becomes your companion in your suffering
- Self-sabotage - she may justify what's in your best interests in order to trick you into limiting yourself and the life you live.
- Unrealistic Expectations - she can set high standards so that you'll fail and prove her right (self fulfilling prophecy)



## Language Of Your Inner Critic



The language of your Inner Critic may sometimes sound like its coming from an authoritarian or nagging parent and tends to be action-orientated. I invite you this week to raise your awareness of the language that you use in daily life, as this will enable you to readily identify when your Inner Critic is active:

**Always** - For example

- "I always fail at everything, so therefore why bother."
- "I always get hurt in relationships."

**Never** - For example

- "I'll never be able to do that, as I'm not clever enough."
- "I'm never going to be hurt again."

**Have to** - For example

- "I have to accept that this is my life and I can't change it."

**No-one** - For example

- "No-one cares about me." "No-one understands me."

**Must** - For example

- "I must carry on as I've started now"

**Nothing** - For example

- "Nothing ever goes right for me."

**Perfectly** - For example

- "I know perfectly well he/she doesn't love me."
- "I must do this perfectly, so that he/she will like me."

**Only** - For example

- "If only I was braver, I would leave."
- "If only I could set up my own business, I would but I just can't."

**Can't** - For example

- "I can't possibly have time to myself, as the children come first."
- "I can't do that, as others may not approve."



## Empowerment Exercise

# My Inner Critic's Language

Make a conscious note of when your Inner Critic is active and what she's saying.

Always

---

---

Never

---

---

Have to

---

---

No-one

---

---

Must

---

---

Nothing

---

---

Perfectly

---

---

Only

---

---

Can't

---

---



## Empowerment Exercise

# Mirror

Your exercise today is crafted to provide a conscious understanding of your Inner Critic and what she believes to be true about you. To complete this exercise you must listen to the accompanying audio.

### Physical Self

My Inner Critic believes that I am ...	That makes me feel ...

### Emotional Self

My Inner Critic believes that I am ...	That makes me feel ...





## Empowerment Exercise

# Meeting in the Mirror

Your exercise today is crafted to provide a conscious understanding of your Inner Critic and what she believes to be true about you. To complete this exercise you must listen to the accompanying audio.

### Thinking Self

My Inner Critic believes that I am ...	That makes me feel ...

### Soulful Self

My Inner Critic believes that I am ...	That makes me feel ...