3 STEPS TO SILENCING YOUR INNER CRITIC

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HEY THERE!

I'M SO GLAD YOU'RE READY TO STOP LETTING YOUR THOUGHTS HOLD YOU BACK

I've been the person with anxious thoughts, aggressive thoughts, the self-loathing thoughts, and even the selfrighteous thoughts (*gasp*). I know how un-fun that roller coaster is. I know the deep fear it can wrap over your world. When your mind is a battle ground, no place is safe. And honestly, that's a harmful way to live.

What I want for you is to begin building tools for yourself that will align your thoughts with *truth* and **love**. These two things are at the foundation of growth.

These three steps are simple

They can be built upon.

They're for you.

Let's dive in!



KNOW THAT YOU CAN CONTROL & CHANGE YOUR THOUGHTS

THIS MAY BE THE HARDEST STEP, BUT IT WILL JUMPSTART YOUR JOURNEY

Those recurring negative thoughts are like a fly in the house that never seems to go away. Eventually you try to ignore the incessant buzzing, the irritating tickle of little feet on you, and *dangit - there's that buzzing again!*

We put up with these thoughts and allow them to live inside our head (and thus our hearts). But really, we have a say in whether they take up permanent occupancy. Our heads are our own homes. We have the right to push out invaders.

So instead of treating that thought like something you can't get rid of. Treat it like the house guest that you don't want politely tell it to leave.

Overtime, you will become better and better at dismissing thoughts that are untrue, unhelpful, and detrimental to your self-image.

EVALUATE YOUR Thoughts

MOST OF US DO NOT TAKE THE TIME TO ACTUALLY TAKE STOCK OF OUR THOUGHT LIFE

It's probably because we don't think about how we can actually take ownership of our thoughts. Whatever the cause for not doing it, the reward is worth it.

Evaluating our thoughts means actually running them through a process of judgement.

Think about the way we judge new information. One of the biggest things we want to assess is whether it is accurate or not. Some of the ways we go about doing that is looking into the source (are they credible) and the intent (why is it being given to us).

This can be as simple as pausing after a thought and asking *"is this true?"*.

Start there. Then look into asking:
Where did this thought come from?
What's the intent I have behind this thought?
Who's opinion or emotions are behind this thought?

WHEN IN DOUBT, WRITE IT OUT

WHEN YOUR THOUGHTS WON'T STOP, TAKING THE TIME TO WRITE CAN BE THERAPEUTIC

We've all been there at some point - thoughts racing, one leading to another and another and another. They begin to spiral until there is seemingly no cause for the onset.

If you try writing out your thoughts once you'll understand the impact.

Taking the time to write will force you to bring your thoughts into order. You can only write or type so fast. It may be hard at first. But give it a couple minutes and you will begin to get words out that make much more sense than the tornado of *what ifs, shoulds, and am nots*.