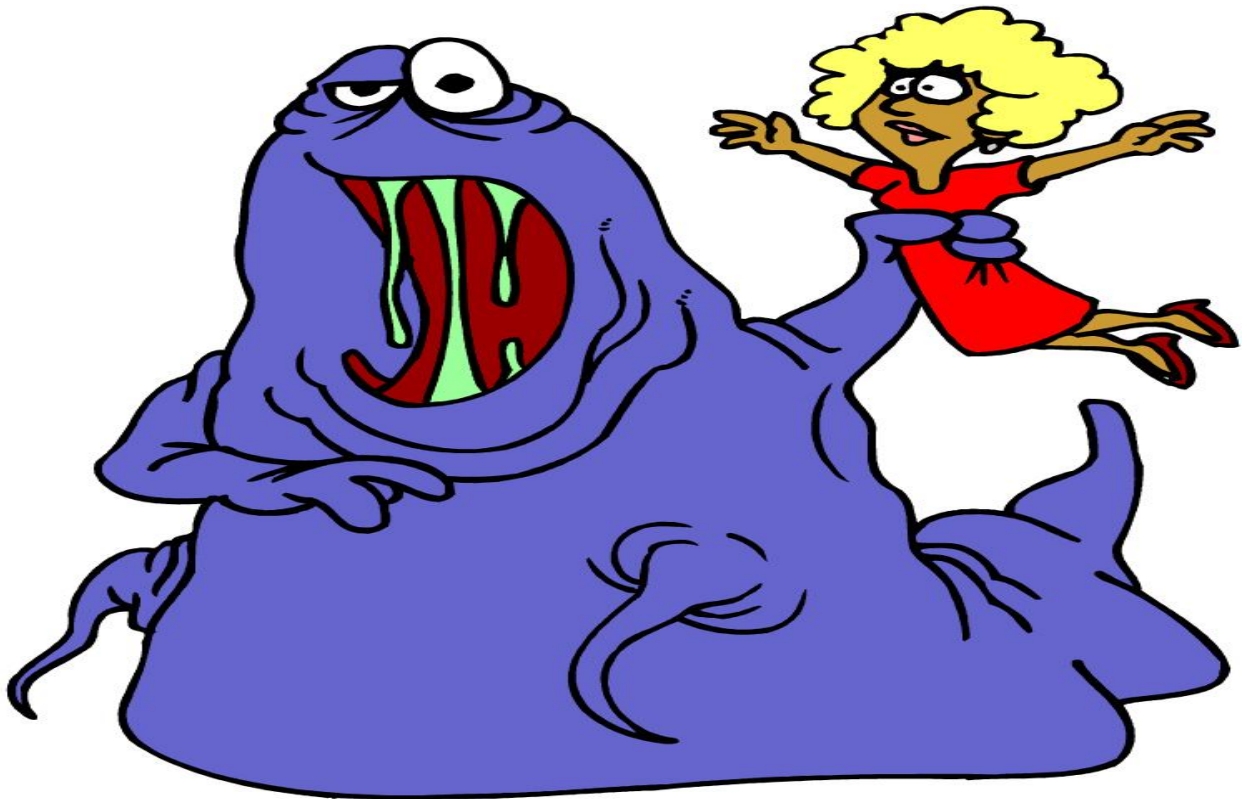


CONQUER YOUR INNER CRITIC

**Discover why you should
celebrate self-doubt!**

**Explore proven techniques for turning
your inner critic into your best friend**

by Doris Helge, Ph.D. ©2011



EXAMPLES OF TESTIMONIALS ABOUT THIS BOOK

"Doris' books and MP3 programs will help you master life!"

Mark Victor Hansen, co-author, the *Chicken Soup for the Soul* series

"THIS IS A WONDERFUL, PROVEN PROGRAM. You'll love getting so much essential information presented in a fun way. You'll gain so much from both the book AND the MP3s. The illustrations are wonderful, too."

Elizabeth Hendricks, Ph.D., Psychologist, Portland, Oregon

"Gain instant positive results. Discover the magnificent possibilities awaiting your exploration. Dr. Doris' books and MP3s are always fun and immensely useful. Use her wisdom to build your confidence and escalate your success and happiness!"

Bill Uhl, winner of five gold medals for the U.S.

"Like all Doris' programs, this is a magnificent, fun guide to help YOU discover your personal power and choices. I wish I'd had "Conquer Your Inner Critic" years ago. I was floundering in fear and confusion. Nothing worked for me. Now, I have an amazing personal and professional support system . . . plus the income I always wanted. You'll grow fast with this program, too, because you'll gain total freedom when you have a new way of looking at yourself and life."

Kelly Matthews, Chicago, Illinois

"Without Doris' latest book and MP3s, I'd never have understood that my desire to get rid of my inner critic has actually been making it much stronger. I love how Doris' programs always make me see through the illusions that have been holding me back. If you want to be free of the chains that have been suppressing YOUR success and happiness, take advantage of what Doris is offering you. You'll laugh hysterically about all the myths we've been taught and you'll grow by leaps and bounds . . . easily and quickly. Give yourself this gift now. It's the last self-help program you'll ever need . . . and it's the best!"

Pat Keller, Mailboxes, Etc.

"Wow! This book blew me away. This is so powerful. It's like gold! If your inner critic bothers you, read the book and discover how YOUR mind works. I love all the different exercises you can do on your own. This is so easy to read and understand. It's amazing! Great work, Doris."

Adriana Nicholson, Client of Dr. Helge's, Gallup, New Mexico

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ISBN: 1-885598-05-X

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Published by: **Shimoda Publishing**
shimodapub@mindspring.com

CHAPTER ONE

IS YOUR INNER CRITIC SABOTAGING YOUR SUCCESS OR HAPPINESS?

This pre-test will help you identify the specific challenges that your inner critic presents to you. After you complete this valuable self-assessment, you'll enjoy very targeted exercises in four of the additional chapters in the book. You'll learn exactly how to address your personal needs so you can gain rapid positive change.

Which of the following challenges are yours?

1. My self-talk is often self-critical.
True ____ False ____
2. I wish it were easier to promote myself, my accomplishments and my abilities.
True ____ False ____
3. Sometimes I can't focus clearly because I'm so worried about what other people will think.
True ____ False ____
4. Sometimes I'm afraid to take a risk even though I know it would probably lead to a better life.
True ____ False ____
5. Sometimes I say "Yes" when I want to say "No" or "Not now" because I want to avoid criticism.
True ____ False ____

6. Sometimes I do too much for other people. I do things they should do for themselves because I want them to value me.
True ____ False ____

7. Sometimes when people compliment me, I think, "They don't really mean it" or "If they really knew me, they wouldn't say that." When the compliment comes from a friend, I may think, "They're just trying to make me feel better." Within a work environment, I sometimes think, "They're trying to manipulate me" or "They want something from me."
True ____ False ____

8. When I want to achieve a new goal, I often hear an inner voice criticizing me with putdowns like, "You won't succeed," "You don't know enough," or "You're not good enough."
True ____ False ____

9. I want to feel calm and secure when I present my ideas and plans but my inner critic often sabotages my confidence.
True ____ False ____

10. I want to truly enjoy socializing and networking but sometimes I feel uncomfortable or doubt myself. When this happens, I struggle to fit in or I "go along to get along" instead of creating the meaningful connections I need and want. This is frustrating and can be exhausting.
True ____ False ____

11. I dread public speaking. I want to feel more confident selling myself and making presentations. I want to gain, instead of drain, energy when I speak out. I also want to do this on my own terms, after I've had time to absorb and reflect on information. I want my inner critic to shut up. I don't want to feel pressured to immediately blurt out pearls of wisdom just because I've been asked a question.
True ____ False ____

12. I want the quality of my work to be recognized, respected, appreciated, and rewarded. Sometimes my inner critic warns me, "You're not *that* good" or "You'll look foolish."
True ____ False ____
13. My inner critic suppresses my creativity.
True ____ False ____
14. Deep down inside, I may be a courageous person, but my inner critic zaps my courage to change.
True ____ False ____
15. I often try to please people instead of expressing my true opinions or being My Authentic Self.
True ____ False ____
16. When someone makes a critical comment, instead of taking time to reflect on the accuracy of what they say, I assume the criticism is valid and feel bad about myself.
True ____ False ____
17. I sometimes assume people are being critical of me and later I discover they weren't.
True ____ False ____
18. I want to control unnecessary interruptions that zap my focus and productivity but my inner critic says, "Don't! People will think you're being rude or anti-social."
True ____ False ____
19. I want to reduce overwhelm and stress when I'm working. I want to ask for what I need without feeling vulnerable and exposed. I want to get my needs met without having to schmooze, play political games, or struggle to change my personality.
True ____ False ____

20. I could be and do more if I could stop the voice inside of me that makes me feel inferior by comparing me unfavorably with other people.
True ____ False ____
21. Sometimes I want to try something new but I hold myself back because I fear looking foolish or making a mistake.
True ____ False ____
22. When I think "I just did something really good!" my inner critic often reminds me, "You could have done better."
True ____ False ____
23. Sometimes I'm intimidated by people I think are more confident than I am.
True ____ False ____
24. I want to prevent conflicts and easily resolve disagreements. I want to deal with criticism in a comfortable, carefree way, even when someone's critique is unfair.
True ____ False ____
25. I want to fully develop my "receiving muscles" so I can receive the supportive relationships and income I deserve. I'm ready to tame my inner critic and gain inner peace now.
True ____ False ____

PLEASE TOTAL YOUR SCORE:

How many times did you mark "True?"

Please use the chart on the next page as an indicator of how much you'll benefit from using this program.

1-5 "True's"	Congratulations! You've done a wonderful job of making friends with your inner critic. Now it's helping you instead of holding you back.
6-14 "True's"	You have some tools for managing your inner critic but you often suffer from a crippling inner voice that puts you down and creates feelings of insecurity. "Conquer Your Inner Critic Now" is a proven program that will help you let go of unnecessary anxiety and stress.
15-25 "True's"	Your inner critic has a strong negative voice that is creating unnecessary worry. Sometimes you self-sabotage. Your inner critic is suppressing your ability to enjoy the level of happiness, confidence and success you want. Use the tips in "Conquer Your Inner Critic Now" to blast through your inner blocks to complete confidence.

**After you've completed the exercises
in the book and the mp3s,
take this test again.**

You'll love noticing your rapid progress.

SAY HELLO TO YOUR FUTURE SELF

If you've ever longed for more confidence when facing tough challenges or people, this book-mp3 program will be a trusted resource you'll refer to time and again. **Below are just a few benefits you'll gain.**

Explode the myths about your inner critic.

When you do this, you'll bask in the peace and confidence you deserve. Let's probe one of the most common inner-critic myths now. It's not your negative inner voice that has been holding you back. Your challenges have been caused by lack of awareness. You haven't yet perceived the amazing resources your inner critic is poised to provide you. Right now, you have the ability to turn a confused, misguided voice into a friendly force that fiercely fights for your happiness and success.

Transform your inner critic into a loyal servant.

Pause to ponder this idea. Your critic is already working very diligently. It will go to any length to gain your attention when you feel challenged or uncertain. Discover how to harness this powerhouse of energy. Use the exercises in this book-mp3 package. Begin right now to refocus your critic. You'll transform it from an annoying detractor to an amazing resource for your personal and professional empowerment.

Use this process to continuously feed your peace of mind and self-awareness.

After you use the exercises in this book, any time your inner critic appears, you'll see through the illusions that tormented you in the past. You'll know, at a deep core level, that negative emotions like fear are opportunities to *become experientially gifted*. You'll understand, "When I'm afraid or I doubt my ability to succeed, I have a valuable opportunity to empower myself. I'm gaining inner peace and confidence."

Enjoy a distinct advantage.

Once you know how to turn your gremlin into a trusted friend, you enjoy a special blessing that most people never discover. At this point, you've tamed your inner tyrant. As soon as you transform your gremlin into an internal employee working 24/7 to create the life of your dreams, yet another advantage spontaneously appears. You automatically enjoy a luscious leadership position. You

spontaneously and effortlessly inspire everyone in your presence to gain your new level of calm and confidence.

DISCOVER HOW SIMPLE YOUR LIFE CAN BE

Just read the book and use the mp3s and proven exercises that have already worked for hundreds of my clients . . . people just like you who hungered for more happiness, success and inner peace. When times are tough, close your eyes and practice the targeted, multisensory experiences. Notice how every carefully designed and tested exercise helps you align with your life purpose, values, passion and inner strength. After each exercise, feel a soft glow in your heart. Allow that blissful sensation to spread through every cell of your body like warm rays of sunshine on a cold autumn day.

Sink into a deep connection with your authentic self. You feel so comfortable when you realize you're not alone. You're a key component of a vast army of other courageous Souls around the planet. All of us are destined to help elevate the people on Earth to a new level of consciousness and joy. Like you, your peers around the globe are committed to being all they can be. No more settling for a mediocre life! Total joy and abundance are patiently awaiting your discovery.

Begin reading "*Conquer Your Inner Critic*" and using the mp3s now so you can bust the myths about the inner critic that have been holding you back. Explore this complete toolkit for taming what you thought was your worst tyrant.

Conquer Your Inner Critic Now!

Take advantage of this simple, proven program
that we guarantee will calm the
crippling voice of your inner critic.

The proven "Conquer Your Inner Critic Now!" program
will help you gain relief . . . quickly and easily . . .
fast and forever!



by Doris Helge, Ph.D., author of bestselling books

Click here to buy your personal copy.

You'll immediately receive:

- the 99-page book with delightful illustrations and
- two life-changing CDs



www.CoachingByDoris.com/innercriticresources