

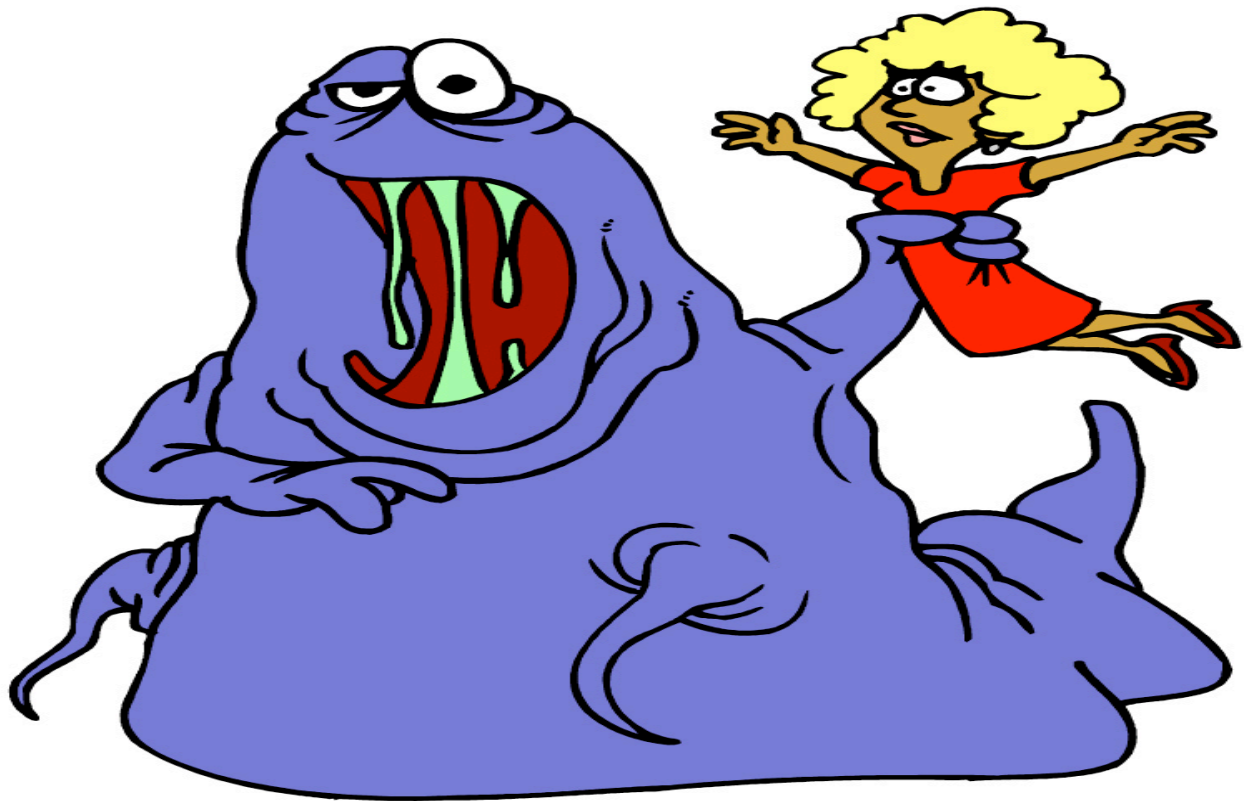
SAMPLE CONTENT FROM

# 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. ©2012



## EXAMPLES OF TESTIMONIALS ABOUT THIS BOOK

"Doris' books will help you master life!"

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

"THIS IS A WONDERFUL BOOK. It has so much essential information presented in a fun way. I also love the illustrations."

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

"Wow! This book blew me away. This is so powerful. It's like gold! Find out 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

"Conquer Your Inner Critic" is a practical guide you'll use to overcome your fears and achieve anything you want to. I couldn't stop reading it! You'll discover so many new ways to think about your inner critic! I used to think my inner critic was my enemy. Now I have a whole new mindset. Doris' book gave me the courage to finish my most creative projects and do my bucket list. Thank you Doris!"

Christine Avers, client and life coach student of Dr. Doris, Columbus, Ohio

"Doris, I love your book! It's so important to learn from and use the negative voice that lives inside all of us. You are filling in a huge missing piece in the puzzle of life. People have been struggling for so long. If you've wondered why affirmations and positive thinking don't work for you, discover how to USE your negative thoughts in positive, empowering ways. Now you can live a happier, more successful life, too."

Anell Tubbs, Reiki Master, Boise, Idaho

"Doris books are in a prominent place in my house. I'm always referring to them because they are packed with useful information. No matter how often I read Doris' books, I always learn something new or see a situation in a different light."

Edna Johnson, Audio Technician, University of British Columbia, Vancouver, Canada

"Gain instant positive results. Discover the magnificent possibilities awaiting your exploration. Learn how to cash in on your strengths. Dr. Doris' books are always fun to read and immensely useful. Use her books to build your confidence and escalate your success and happiness!"

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

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## TABLE OF CONTENTS

List of Exercises .....	5
Acknowledgments & Dedication .....	7
Say Hello to Your Future Self .....	8
Chapter 1	
The Critic—Friend or Foe? .....	10
Chapter 2	
Travel the Path to Complete Self-Acceptance .....	20
Chapter 3	
Transform Your Critic Into a Loyal Employee .....	36
Chapter 4	
You Have the Tools to Tame a tyrant .....	78
About the Author .....	84
Additional Resources for You .....	85
Thank You! .....	93

## EXERCISES

Exercise One Get to Know your Gremlin . . . . .	17
Exercise Two Consider the Source . . . . .	22
Exercise Three Productive Thinking . . . . .	25
Exercise Four Self-Acceptance Through Personal Integration -- Phase One . . . . .	29
Exercise Five Self-acceptance Through Personal Integration -- Phase Two . . . . .	32
Exercise Six Compassionate Communication -- Phase One . . . . .	40
Exercise Seven Compassionate Communication -- Phase Two . . . . .	42
Exercise Eight Speak to Source . . . . .	44
Exercise Nine Write a New Script. Stage One . . . . .	47
Exercise Ten Write a New Script. Stage Two . . . . .	49
Exercise Eleven Plan Your Own Itinerary . . . . .	51
Exercise Twelve Emergency Mind Calming Technique . . . . .	52
Exercise Thirteen How Can I Live Without You? . . . . .	55

Exercise Fourteen	
Turn Your Critic Into Your Inner Coach . . . . .	60
Exercise Fifteen	
Watch Your Language . . . . .	64
Exercise Sixteen	
Mirror, Mirror on the Wall . . . . .	66
Exercise Seventeen	
Discover the Truth . . . . .	68
Exercise Eighteen	
Chart Your Map to the New You . . . . .	71
Exercise Nineteen	
Use Your Body to Stop Self-Defeating Thoughts . . . . .	75
Exercise Twenty	
Breathe in Your New Now . . . . .	77

## ACKNOWLEDGMENTS

To all of my clients. You continuously inspire me with your courage and your sincere desire to become all you can be while on Planet Earth. Thank you for the privilege of listening to you describe your challenges and collaborating with you as you design your destiny. You are so very appreciated.

To everyone who field-tested the exercises in this book. Your thoughtful efforts guaranteed that future readers can also stop fearing their negative inner voices. Now they can gain control over their inner lives . . . easily . . . with rich insights, humor and joy. Thank you for carefully testing each exercise so that people around the world can now enjoy the same inner peace and confidence that you gained from using this work.

## DEDICATION

This book is dedicated with immense love to my Soul Mate, Life Mate and best friend, William. Even after 20 years of the most rewarding connection I can imagine, the purity of your heart and the breadth of your love and wisdom still amaze me.

## SAY HELLO TO YOUR FUTURE SELF

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

- Once you explode the myths about your inner critic, you'll bask in the peace and confidence you deserve. Let's probe one of the most common inner-critic myths. 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.
- Your inner critic can become the most loyal servant you could possibly imagine. 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 this book to begin right now to refocus your critic from a detractor to an amazing resource for your personal and professional empowerment.
- Your peace of mind and self-awareness will be continuously fed. After you use the exercises in this book when your inner critic appears, you'll perceive greater truths about life. You'll understand at a deep core level that fear and other negative emotions are just opportunities to become *experientially gifted*. You'll know, "Each time I'm afraid or I doubt my ability to succeed, I have a valuable opportunity to empower myself to enjoy an even greater level of inner peace and confidence. Now I have all the tools I need!"
- Once you know how to turn your gremlin into a trusted ally, you'll enjoy a distinct, special advantage that most people never discover. You'll have tamed your inner tyrant. As soon as you transform your gremlin into an inner employee working 24/7 to create the life of your dreams, another advantage will spontaneously appear. You'll automatically enjoy a new leadership position on Earth, one that is essential to the development of this planet. You'll spontaneously inspire everyone in your presence to gain your new level of calm and confidence.



Just read the book and use the proven exercises that I've used with hundreds of clients during the field-testing stage of preparing this book for you. When times are tough, close your eyes and practice the 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 expand into every cell of your body.

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 the next chapter 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.

## IS YOUR INNER CRITIC SABOTAGING YOUR SUCCESS OR HAPPINESS?

Which of the following challenges are yours?

1. True \_\_\_\_ False \_\_\_\_

My self-talk is often self-critical.

2. True \_\_\_\_ False \_\_\_\_

I wish it were easier to promote myself, my accomplishments and my abilities.

3. True \_\_\_\_ False \_\_\_\_

Sometimes I can't focus clearly because I'm consumed with worry about what other people will think.

4. True \_\_\_\_ False \_\_\_\_

Sometimes I'm afraid to take a risk, even though I know it will lead to a better life.

5. True \_\_\_\_ False \_\_\_\_

Sometimes I say "Yes" when I want to say "No" or "Not now" because I want to avoid criticism.

6. True \_\_\_\_ False \_\_\_\_

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

7. True \_\_\_\_ False \_\_\_\_

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."

8. True \_\_\_\_ False \_\_\_\_

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."

9. True \_\_\_\_ False \_\_\_\_

I want to feel calm and secure when I present my ideas and plans. I don't want my inner critic to sabotage my confidence.

10. True \_\_\_\_ False \_\_\_\_

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 "go along to get along" instead of enjoying the meaningful connections I need and want. This is frustrating and can be exhausting.

11. True \_\_\_\_ False \_\_\_\_

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 and I don't want to feel pressured to immediately blurt out pearls of wisdom just because I've been asked a question.

12. True \_\_\_\_ False \_\_\_\_

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."

13. True \_\_\_\_ False \_\_\_\_

My inner critic represses my creativity.

14. True \_\_\_\_ False \_\_\_\_

Deep down inside, I may be a courageous person, but my inner critic

zaps my courage to change.

15. True \_\_\_\_ False \_\_\_\_

I often try to please people instead of expressing my true opinions or being My Authentic Self.

16. True \_\_\_\_ False \_\_\_\_

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.

17. True \_\_\_\_ False \_\_\_\_

I sometimes assume people are being critical of me and later discover they weren't.

18. True \_\_\_\_ False \_\_\_\_

I want to control unnecessary interruptions that zap my focus and productivity by my inner critic says, "People will think you're being rude or anti-social."

19. True \_\_\_\_ False \_\_\_\_

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.

20. True \_\_\_\_ False \_\_\_\_

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.

21. True \_\_\_\_ False \_\_\_\_

Sometimes I want to try something new but I hold myself back because I fear looking foolish or making a mistake.

22. True False \_\_\_\_

When I think "I just did something really good!" my inner critic often reminds me, "You could have done better."

23. True \_\_\_\_ False \_\_\_\_

Sometimes I'm intimidated by people I think are more confident than I am.

24. True \_\_\_\_ False \_\_\_\_

I want to prevent conflicts and easily resolve disagreements. I want to deal with criticism in a comfortable, carefree way, even when a critique is unfair.

25. True \_\_\_\_ False \_\_\_\_

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.

## TOTAL YOUR SCORE

Multiply the number of "Yes" responses by 10.

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. Check out the "Conquer Your Inner Critic" ebook and MP3s now if you want to 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 the proven "Conquer Your Inner Critic" program. You'll blast through your inner blocks to complete confidence.

**If your total score is 6 or above, the book, "Conquer Your Inner Critic" will help you immensely.**



**Enjoy a bonus exercise  
from this highly evaluated book  
on the next pages.**

## **EXERCISE ONE**

### **GET TO KNOW YOUR GREMLIN**

If someone on the street yelled at you, you wouldn't charge at them without at least scoping out the situation and their size. We usually behave differently when our critic encourages self-doubt. Most of us struggle to banish the negative voice instead of searching for the personal and professional growth opportunities that are always present when we hear it.

Make a commitment to get to know your gremlin. Our self-judgments and fears are treasure chests filled to the brim with the ingredients for developing greater self-confidence and joy. We just need to be willing to explore them.

Harsh approaches that attempt to crush the critic create internal resistance to change. The activities that follow are more effective because they combine levity with self-awareness. Accepting the parts of yourself that you are uncomfortable with is the only way to transform them into greater self-respect. Habits such as putting yourself down begin to change when you observe them without judgment.

- Imagine your critic's theme song and sing it.
- Draw sketches of your critic with your nondominant hand.
- Notice and label self-defeating thoughts. De-stress by drawing cartoon characters with names such as, Yabut, ShuddaCuddaWudda, Faultfinder, If Only Ida, and Doubtful.

The exercise you just completed helps you recognize the unfounded nature of your critic's fears and concerns. You develop compassion for this misguided component of your character. This creates clarity. The next time self-doubts arise, you can easily resist any temptation to battle your negative feelings. When you aren't resisting what exists and you aren't emotionally attached to distorted thoughts, they can gently vanish from your consciousness like a feather in the wind.

### **JUST A THOUGHT FORM**

Because you have the power to change yourself,  
you have the power to change the world.

The guardian is merely a thought form. It was originally designed to protect you until you became big enough and strong enough to meet life's challenges. Over time, it developed a life of its own. It became the dreaded internal critic. Left unsupervised, your critic thrives on controlling your behavior while encouraging the misperception that you are incapable or powerless. The good news is that you are the one person whose thoughts and attitudes you can control.

Simple, easy actions, like differentiating the voice of the critic from your authentic internal feedback system, will help you use the critic to your highest advantage. You will begin to perceive its input in ways that truly empower you so you can experience more happiness and success. In the next two chapters, you'll



discover exactly how to give your hard-working critic a job description that will serve you.

## Conquer Your Inner Critic Now!

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

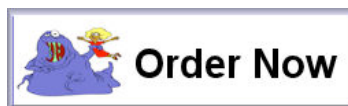
The proven “Conquer Your Inner Critic Now!” program  
will help you gain relief . . . quickly and easily . . .  
fast and forever!



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

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