

8 Tips - Profound Growth Podcast - Befriending Your Inner Critics - Why Bother?

Here are 8 tips from the "Profound Growth Podcast - Befriending Your Inner Critics - Why Bother" featuring Megan Walrod, *Writer, Women's Empowerment Coach, and Founder of Live Your Yes, LLC:*

1. **Recognize and Befriend Inner Critics**: Instead of trying to silence your inner critics, acknowledge their presence and understand their origins. This helps in reclaiming personal power.

2. **Name the Narrator**: Identify and name the specific inner critic when it arises, such as the Doubting Diva or the People Pleaser, to distinguish between each one.

3. **Appreciate the Narrator**: Understand that these voices are trying to protect you, even if their methods are misguided. Recognizing this can help in managing their influence.

4. **Provide Comfort**: Visualize comforting the inner critic to foster a sense of safety and reassurance, similar to comforting a child.

5. **Identify Hidden Powers**: Each negative narrator has a hidden strength. For example, the People Pleaser's hidden power is their desire to be of service and help others, which can be used to express your own needs and set boundaries.

6. **Journaling**: Use journaling as a tool for self-exploration and expression. It helps articulate desires and assert one's voice in a safe environment.

7. **Surround Yourself with Supportive People**: Engage with individuals who recognize and appreciate your gifts, as positive reinforcement that can counteract negative narratives.

8. **Embrace Inner Critics**: Accept your inner critics as part of your journey towards self-discovery and empowerment, transforming them into stepping stones for success.

Listeners are also encouraged to take Megan's quiz on her website, meganwalrod.com, to identify their primary negative narrator and receive personalized tips for working with them. Take the Quiz here.

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