

Flooded By Self-Hatred? Transform Your Inner Critic

It's impossible to tune out your inner critic 24/7, but that doesn't doom you to self-hatred. An active inner critic can occasionally present helpful messages in unpleasant packages.

Instead of trying and failing to numb self-hating thoughts, it may help to engage with them and transform them into more helpful messages. After all, your inner critic might be pointing to something helpful, but in a harsh way.

Give yourself 1-2 minutes to write out all the self-hating thoughts your inner critic is screaming at you:

Pick the top 3 that make you feel the worst, and put them into the first column below. Then, fill in the other two columns. How could you find a helpful message in this mean thought? And how can you act on that helpful message?

All the various versions of "I am bad..." can be reframed in more helpful ways:

- I have room to improve...
- I need help with...
- I care about being better at...
- I haven't been behaving in line with my values...
- I'm on an unsustainable path...

| Self-hating thought | Helpful reframe | Way you can take action |
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We all always have room to improve, and trying to be better doesn't mean we were bad to begin with. It's hard to hate yourself when you can point to the concrete ways in which you care, and in which you're trying.