

Silence your inner critic now

This imagery exercise I developed is an excellent strategy to stop your inner critic in it's tracks. You have the audio recording in the lesson and here are the written instructions.

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1. Settle yourself in your chair and notice your breath, ground your feet into the floor, the weight of your body resting into the chair
2. Now bring to mind a client you tend to feel inadequate with
3. Now see yourself sitting calmly and confidently across from your client
4. Bring to mind as you do so how much study you have done to be where you are today, how much professional training since graduating you have done, how much supervision, how much reading, how many clients you have sat with, how many sessions you've delivered and all the other ways you have immersed yourself in to therapist knowledge and skills.
5. Then see your client, ask yourself the same questions about your client. The answer it usually not very much
6. Come back to yourself reminding yourself of your effort, your skills, your experience and know that you are good enough, you have good enough skills to guide your client.

Write down what you noticed during your imagery exercise.

What evidence did you come up with?

How did you feel in your body as you did the exercise?

You can use this exercise before sessions or even remind yourself in session if your critic turns up in the session

