

Transform Self Criticism Into Self Love

Why This Process Is Valuable

One of the biggest hurdles to developing more love and happiness are the beliefs and stories we make up about ourselves. This can lead you to not take action towards what you want in life and to create disharmony in your relationships. When you reconnect with your amazing self then life becomes easier, more playful, and your relationships become more harmonious.

How this process works

This process is based on 2 principles. The first is that at the core of every person is an amazing and wonderful self. The second is that our amazing self gets clouded by self criticism and beliefs that we've developed from our past. This process works by helping you uncover this criticism, see it's falsehood, and then connect to what is true and amazing about you.

How To Best Use This Process

1. Have someone guide you through the process:

Being guided by someone through these questions can be very healing. If you are guiding someone else then remember that the gift of your loving presence is a large part of their healing. Be sure to always have their full permission before asking anyone these questions.

2. Journal this process alone:

Don't underestimate the power of journaling. Journaling these questions when you are feeling down about yourself will very likely help you shift into feeling more self love and sense of empowerment.

Transform Self Criticism Into Self Love

1. What are three things that you appreciate about yourself?
2. This process can feel temporarily uncomfortable and vulnerable before it feels relieving. Are you willing to feel some emotional discomfort and vulnerability at this time?
3. What negative belief do you have of yourself? (Choose only one for now)
4. In this moment, how painful does this belief feel on a scale from 1 to 10?
5. Close your eyes and put your hand on your heart. Can you describe this feeling in your body? Where is it located?
6. Given the fact that you have this belief about yourself, what does this say about your values? (For example: I'm not good enough shows that I value being a high quality human being.)
7. Assuming for a moment that this belief is 100% true, what bad things do you worry could happen to you or others in the future? (For example: If it were true that I'm not good enough then I'll be alone forever.)
8. How has having this belief affected your behavior in the past? (For example: The belief that I'm not good enough has caused me to avoid asking people out on dates.)
9. Imagining that you were able to stop believing this belief, how would that change the way you feel?

10. Again imagining that you were able to stop believing this belief, how would you show up in your life differently? (For example: If I stopped believing I wasn't good enough than I'd feel better and go for what I want more often.)
11. In this moment, does this belief feel 100% true to you?
12. What is a more balanced and rational statement of truth about yourself? (For example: Sometimes I priorities my own needs and someones I prioritize other people's needs. That's what healthy people do. I also take the time to make sure I'm maintaining a healthy balance of care for others and care for myself.)
13. How painful is this belief now on a scale from 1 to 10?

If 3-10 on scale:

If running out of time:

14. Acknowledging that this is still painful for you and that we are coming to the end of our time, is there anything you'd like to commit to doing in the near future that may help further ease this pain? (For example: Schedule time with someone you trust to support you further. Get a massage. Apologize to someone in your life.)
15. Is there anything that can support in taking this action?
16. Do you feel complete?

If you have more time:

17. Put your hand on your heart and take a moment to tune into this belief. Is there a deeper negative belief about yourself that is becoming present to you?

If yes, go back to step 4 with new belief.

If no

18. Are you feeling angry towards another person in this moment?

If Yes

19. Would you like support in looking at this anger?

If Yes, go to Calm Your Anger Through Wisdom Process?

If no

20. Do you believe that this pain is encouraging you to make positive change in your life?

If yes:

21. What positive change are you feeling encouraged to make?

22. What action could you take to support you in making this positive change?

23. Are you willing to commit to taking this action?

24. Is there anything that can support you in taking this action?

25. Do you feel complete?

If no, go to “If running out of time.”

If 1-2 on scale:

26. That's great!

27. **(Optional) Do the talk back to your gremlins role-play to help them practice feeling into your truth then come back and finish.**

28. Is there any action you can commit to taking in the future that will help you solidify this statement of truth?
29. Is there anything that can support in taking this action?
30. Do you feel complete.

TALK BACK TO YOUR GREMLINS ROLE-PLAY

Have the person write down or say out loud all the beliefs and critical thoughts they have about themselves.

1. I'm going to role-play your gremlin. Your job is to respond to me with rational arguments. The goal is for you to feel that what you're saying is more true than what your gremlins have to say. Sound good?