

E - B O O K



H O W T O

TRAIN
YOUR
INNER
CRITIC

D O R I S M O U N S E Y

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B E C O M I N G T H E B O S S O F Y O U R I N N E R D I A L O G U E

How loud is your Inner Critic?

What are you saying to yourself inside your head?

Do you have thoughts going round in circles?

We all have! Because we are human.

But we also can learn how to catch ourselves when we do it. Over many years of practice, I have learnt, how to recognise my self-talk and to master the fine art of training my inner critic.

Keep reading and find out, how you also can become the boss of your inner thoughts. Knowing how your inner dialogue is structured, gives you a great tool to take charge of your self-talk.

When we are in charge of our inner dialogue, we can chose, if we want to be creative with an active, inspiring mind or if we want to meditate, have inner silence, no mind-chatter and calm our nervous system.

Having clarity and awareness of what is going on in your mind, empowers you and puts you in charge of your inner dialogue.

R A D I O S T A T I O N S I N Y O U R H E A D

When you become aware of your inner dialogue, you realise that there is more than ONE dialogue going within your headspace.

Congratulations, you just have unlocked your inner power of self-awareness. It is in your power to choose the voice or the dialogue in your headspace you like listen to and recognise which dialogue makes you feel good, calm and peaceful.

Think about your internal dialogue as an analogy of a radio with different stations. You have the power of choosing the station you want to listen to on your internal dialogue radio.

Some stations broadcast your worries and fearful thoughts and others talk lovingly to you and encourage you to be your best.

So we can choose if we listen to our inner wisdom or heart and hear our intuitive guidance or to listen to the endless loops of worries, “shoulds”, “not good enoughs” and fearful thought patterns.

L I F E - L O N G
J O U R N E Y F R O M T H E
H E A D T O T H E
H E A R T

You have started a life-long journey of becoming self-aware.

I recommend that you treat yourself with loving kindness, patience and curiosity.

Allow time for your explorations of your inner dialogue and as an old Sioux (native american) teaching says:

**The longest journey you ever take,
is the one from your head to the heart**

Remember that you are in charge of internal dialogue. You have the choice.

Let's explore some of your internal dialogue radio stations and once you recognise them, you always can change the dial.

I N N E R C R I T I C

You know the inner critic is running the show when the internal dialogue is around:

- fear
- control
- staying in a situation you know
- staying in your comfort zone
- keeping you safely in your box or routine
- afraid of change
- not good, clever, pretty or (insert your word here)...

ENOUGH

- self-sabotage
- pleasing others
- being the good girl
- fulfilling expectations because we think that's what society wants us to be or do.

E G O V O I C E

You know the ego voice is running the show when you have

- judgmental thoughts about others
- comparing yourself to others
- throwing a tantrum because of unexpressed anger, fear or feeling overwhelmed
- creating drama in your life
- or buying into a dramatic story of someone else

H E A R T V O I C E

You know, when you are listening to your heart voice, your inner wisdom or intuition because you immediately feel more "yourself" in your heart.

Your heart voice makes you feel connected, excited, aligned or calm. The heart communicates clearly through **feelings** or **knowings**.

Your heart knows in an instant if something is true or good for you. So keep listening to your feelings and knowings.

If your heart is not 100% sure or knows that is not right for you, listen and act. You always can get more information, find another perceptive or simple say "no" or communicate exactly how your heart feels.

It takes practice and time to build trust.

T U N I N G I N T O Y O U R H E A R T V O I C E

Breathe into your heart space.

Place your hands over your heart.

Signaling your nervous system you are in a safe place.

Feel your breath slowing down

Feel you belly raising and falling with your breath

Feel into the space between your palms and your heart

This is your heart space.

Feel into your heart space

Feel into the silence and the calm feeling of stillness.

Stay in this quiet space and

listen with kindness, patients and curiosity

and you hear your heart voice.

C A L M I N G Y O U R I N N E R C R I T I C

Thank your inner critic for wanting to keep you in “your safety zone”.

Communicate clearly to your Inner Critic that you are in charge.

That you are ready to grow.

That you have the courage to embark on something new.

You are taking care and you are responsible.

You are listening to your heart.

Your heart knows.

It is safe to listen to your heart.

You are following your path forward,

allowing yourself to shine and be seen.

T R A I N I N G Y O U R I N N E R C R I T I C

I call this “puppy” training the Inner Critic or "Puppy mind".

I will use both terms here.

A "puppy mind" is also sometimes called a "monkey mind", always busily chatting, jumping from thought to thought and always wanting and demanding your full attention.

You want to train your busy mind to take a break, so that you can create silence in your head-space, so that you are able to hear your heart voice and connect to your inner wisdom.

Here is a gentle, kind but consistent approach to training your "puppy" mind, so that it becomes a loving friend and supportive companion.

When training your Inner Critic or your "ego / worrying / NOT good enough" dialogue, always use a soft and loving, but firm inner voice and give clear directions.

You are in charge and to be at your best you need regular breaks of quiet time so that you create the stillness to connect and listen to your heart.

T R A I N I N G S T E P S

Step 1:

Always acknowledge that you have heard the inner critic. Otherwise it is not willing to cooperate. Also give your "puppy mind" a clear timeframe for how long it needs to be quiet. Minutes for meditations or hours if you want a good night sleep.

Step 2:

Communicate clearly to your mind that it is allowed to chat to you again after the break/pause/silent period. Like a puppy, it then knows you will be back and it will get your attention again.

Step 3:

Remember you are in charge of what you listen to in your head. Choose wisely and create a routine to regularly and frequently listen to your heart, your inner wisdom and intuition.

T U N E I N T O Y O U R H E A R T V O I C E

W H A T N E X T ?

Has this short E-Book given you a taste for starting your "Journey from the head to the heart"?

Would you like to know more about your about your inner dialogue, how to connect to your heart's wisdom and how to awaken and build your Intuitive Intelligence?

**I invite you to join me for my 10 week Online Course
"Awaken your Intuitive Intelligence".**

Doris Mounsey is a certified teacher of Intuitive Intelligence of The Institute for Intuitive Intelligence and offers the Initiate Training of the Institute in her 10 week course called:

Awaken your Intuitive Intelligence

Find out all Course Information, available dates and Course content by clicking on this link.

<https://dorismounsey.com/intuitive-intelligence/>

A R E Y O U R E A D Y T O
M E E T Y O U R
U N L I M I T E D S E L F ?

Let me know how you are going with your
inner dialogue.

Be kind, patient and curious when learning
new skills.

I'm always here to support you.

Go to my website www.dorismounsey.com

and chose a

Kinesiology session,

Intuitive Guidance Session,

Yoga class, Workshop

or The Intuitive Intelligence Online Course

D O R I S M O U N S E Y

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