

Find a comfortable position and begin to connect with your breath. We are going to go on a short journey so that you can get to know your Inner Critic. Take a deep breath and imagine any tension in your body flowing down through your body and exiting through your feet. Another deep breath noticing your chest and belly expanding. Continue to breathe gently as we begin our journey.

Trust that whatever you need to know and experience will come to you at the perfect time. Whatever experience you have on this journey is fine. Know that you will remember everything you need to remember from this journey. You have complete permission to be creative on this journey allowing whatever images to appear easily and effortlessly.

We are going to travel to your special place in order to meet up with your inner critic. As you take another deep breath your form of transportation appears before you. It may be an animal, some form of vehicle or it may be your own two feet. You can travel by land, air or water. Whatever your imagination creates is fine. As you travel, notice the landscape around you, take it all in with your breath.

You stop and begin to look around you, from this place you can access any type of landscape imaginable. Arctic, Tundra, Rainforest, Sandy Beaches, Mountain Ranges whatever comes to mind is fine. etc. Go to whichever landscape draws you in. As you arrive in your space you take off your shoes and begin to walk around, touching, smelling, listening. Take a moment to absorb all that you are experiencing in this place.

Now find a space where you will feel safe and comfortable. You have packed a picnic lunch and you set that out in this space. You have invited your Inner Critic to come and have lunch with you.

Just as you finish setting out lunch, your inner critic walks up to you. You feel a little anxious as your Inner Critic approaches and you take a deep breath and reconnect to your grounded self.

As your inner critic approaches you take some time to observe their appearance, clothing etc.

Silently make the following observations about your inner critic:

Is your inner critic human or animal?

Does your inner critic have an energy?

Is your inner critic male or female?

What type of clothing is your inner critic wearing?

What other unique features do you notice?

take a moment to absorb all that you see!

### **Pause**

Thank your Inner Critic for coming. After taking some time to connect with your Inner Critic you ask your inner critic two questions.

How would you like me to love you? Take a moment to hear the answer.

What name would you like me to use for you? Take a moment to hear the answer.

Now take a moment to ask your inner critic any other questions that you would like to ask. Take a moment to hear the answers.

Your time with your inner critic is coming to a close. Thank your inner critic for taking the time to be with you today. Know that if you have any further questions you can connect with your inner critic anytime.

Now, take a deep breath, breathing in this experience, remembering what you need to remember. Another breath, returning to this space and time, another deep breath. Open your eyes, stretch, move your body a little.

When you open your eyes, please remain silent and jot down things you want to remember about your journey.