



"Loving the Voice of Your Inner Critic"

Ross Tayler

Professional Co-Active Life Coach



An old Cherokee told his grandson:

*"My son, there's a battle between two wolves
inside us all.*

*One is Evil. It's anger, jealousy, greed, resentment,
inferiority, lies and ego.*

*The other is Good. It's joy, peace, love, hope,
humility, kindness & truth."*

The boy thought about it, and asked:

"Grandfather, which wolf wins?"

The old man quietly replied:

"The one you feed the most."

About Ross



My journey of personal growth and awareness began in 1999 when I got divorced. This experience, stirred something within me. It created the opportunity to connect to a deeper part of myself. I could no longer ignore the voice that was whispering. My personal Hero's Journey had commenced. The years that followed, provided many wonderful experiences, tests and challenges. In the end, each experience brought me a deeper sense of inner strength, understanding and meaning. Along the way, I created a brand new path and began to re-create my life. **Owning My Voice** has been about stripping away the layers and meeting myself again for the very first time.

I have over 27 years of experience leading teams in the food service industry, which is well over 44,000 hours of leading, learning and coaching. I have an intrinsic passion for people and coaching and I love witnessing the change that people can make in their lives and at work when they are motivated by their values. In late 2006 I further invested in my coach training and signed up for a training course with the Coaches Training Institute, one of the top coach training programs in North America. My career and life experiences give me much to draw from while sharing my passion for coaching.

About My Inner Critic



At 37 years of age I became very aware of my "Inner Critic." Prior to that, I had been exposed to the concept in different ways, yet it never really stuck. In recent years, I have done much deeper work and I have developed a relationship with my inner critic.

As a young boy, 6 or 7 years of age, my worldview changed, and my inner critic was born. I was sexually abused by a neighbour. As a child I viewed the world without judgement, I was joyful, present, accepting and curious. This event triggered new thoughts; of fear, doubt, confusion and uncertainty. While I don't recall all of my feelings, I know that I felt shame. I felt I could not tell anyone about what had happened. This became food for my inner critic. My childlike innocence and wonder, now took a backseat to how I viewed the world.

Over the years that followed, my inner critic judged many other situations and experiences that I had. A deep belief was born that would give me purpose later in life. My belief was that I did not have a voice.

About this E-book

This E-book was born from an inspiration to share. Whenever I begin to work with someone one on one, we always start, by bringing awareness to the “Voice of their Inner Critic”. It is the first step on the journey of Owing Your Voice. When I look back on my life, loving my inner critic has been a significant part of my journey. Sharing this awareness is my gift to you. My hope is that it helps you on the journey of Owing *Your* Voice. This e-book is meant to be an introduction to some thoughts and ideas that have worked for me in my life.

Meet Your Inner Critic

Do you know the voice of your inner critic? It is the voice that judges everything you do and everything you want to do. It is a voice that has been fed, by many of the life experiences you have had. It also goes by different names; saboteur, gremlin, negative self talk etc. Whichever name you relate to is fine. For the purpose of this E-book I will use “inner critic”.

One of the interesting things about this voice in your head is that you may not really think anything of it. After all, it may have been with you for so long that you accept the voice without judgement. It is also a very logical voice that draws from actual life experiences to make its case. Your inner critic has a library of reasons as to “Why something won’t work” or “What is going to go wrong”.

The agenda of your Inner Critic is to ensure its survival by maintaining the status quo. Taking action towards, personal growth and change, will often “wake up” your inner critic. The bigger your dreams and goals, the louder your inner critic will become.

Your inner critic is the voice of “fiction” based on a small piece of reality. One small piece of truth will very quickly be woven into a very creative story.

Love Your Inner Critic



Loving your inner critic is a process, which will not happen overnight. It will be a journey, which you are absolutely committed to. Our life experiences come down to two choices, fear and love. We are energetic beings and our thoughts have an energetic vibration. If we fight with the voice of our inner critic, we will attract more of the same outcomes. When you love the voice of your inner critic you are creating space for acceptance. The more we see and hear this voice, the more space we create. This space can be filled with the voice of your soul / intuition / love. On a deeper level, you are sending love to and healing your inner child.

Steps to Loving Your Inner Critic

1) **Connect with your Inner Critic** *(Activity on last page)*

This is a process of discovery. Take time to get to know the voice of your inner critic. Naming your inner critic, allows you to develop a personal relationship with it. In the steps which follow, you will leverage this relationship. I recommend taking at least a week for this process. You can adjust and revisit the process anytime as you feel necessary. There are no rules. Honour your individual needs.

2) **Observe your Inner Critic in action**

Take a specified amount of time (start with one week or more if needed) to simply observe your inner critic, without judgement. Think of it as surveillance. Notice how it operates. Notice when it is silent. Notice what stirs the voice. Notice time of day. Notice situations. Notice the people around you, when your inner critic is active. The more you can observe this voice. The more you create space, which will take time. As you observe your Inner Critic, acknowledge it by name. “_____ I see you and I hear you. Thank you for sharing your thoughts.

3) Choose a new thought pattern

After you have spent time in the first two steps, you are ready to take action. The action is simple. Hear the voice of your inner critic and choose a new thought. Put your energy and focus on the new / higher thought.

4) Acknowledge your progress

This is a journey, a process. Your inner critic may have a strong emotional effect when you start. Make note of the time you spend in the "muck". As you commit to this process, time spent in the "muck" will decrease. Acknowledge yourself for this decrease.

On a personal level, I used to spend days in the "muck" whereas now, it can be a moment.

A little more about the steps

It may get worse before it gets better. The conscious choice to "love" your inner critic, will stir up your inner critic. This voice will stir, even though your intention is to love and include this voice. Please go easy on yourself as you enter this journey. It took me years to truly change the relationship with my "inner critic". Give yourself permission to move at "your" pace. Celebrate your progress.

Why is all of this important?

On a soul level, this is extremely important. We are here to experience love and joy and live a life filled with purpose. Your inner critic does not have this agenda in mind. It is a fictional voice that creates drama in our lives. The more you love this part of yourself, the more you will experience love and joy in your life.

Further support

The most important relationship you will ever have is the one you have with yourself. When we change ourselves we change our relationships with others. If you want to experience deep and powerful change, I would love to walk alongside you as you embark on your journey. Please visit my website for more information. www.owningyourvoice.com

Thank you for taking the time to read this e-book and I hope you found it useful.

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