

## Chapter 1 : Listening to our inner self

*Listening To Inner Self Quotes. Quotes tagged as "listening-to-inner-self" (showing of 14) "Dreams, my mother always told me, represent part of our.*

Our purpose in this world is to enjoy our surroundings and its inhabitants. Man is fed and guided by greed, not by love, so in return he suffers. He creates Karma for himself. The more he struggles the more he complicates his situation. Experience comes with time. You must knead the dough and let it rise several times. The more you punch down the dough and let it rise, the better the texture and taste of the bread. When attempting to rush this process your result is tough yeast tasting bread! Everyone loves good bread, but nobody wants to take the time to make it. Everything that is good comes with time. Transforming the negative to the positive is going to take some time. Living in the negative has been easy for you. The transition on learning to live in a positive world is going to be like learning to walk. Get ready to be challenged. Get ready to embark on a new experience where the past is left behind. You must affirm everything in the present. I know that your life will change! You must learn to master your fate! Remember the old saying, "When you want something done right, you have to do it yourself! Rachel Carr presents a practical ten-week program for deep breathing, mind control and relaxation techniques that will enable you to attain a union of mind and body--releasing the healing power within.

**Chapter 2 : Listen to Your Inner Self**

*To listen to your inner self, go beyond your body, go beyond your mind, and go beyond your heart. There is something inside you that's separate from all these; listen to that. If you want to learn more about your true nature, you need to form the habit of listening to your inner self daily.*

You are perfectly imperfect and powerful beyond measure. Have you wondered why you sabotage yourself? Have you ever questioned why you so easily feel anxious, depressed, and self-critical? Our inner child lives in our unconscious mind and influences how we make choices, respond to challenges, and live our lives. My mum left me when I was six. I told myself it was a good thing that she left, because no one was beating me anymore. But now I had to prove myself to make my dad proud. He was all I had. So I was one of the popular kids at school. I got good grades. I worked for years in the finance industry, writing corporate lending deals, meeting clients, and selling derivatives trading tools. I felt like a zombie, taking the transit every day back and forth, living like a fraud. But what else could I do? I had always believed that getting into finance was the way to success, and the wounded child within me was afraid of failing and disappointing my dad. Then, on my twenty-ninth birthday, I stumbled upon an online art course and discovered my passion. My dad was disappointed and angry, and he tried to change my mind. Now I understand that he was afraid for me. But at the time I was angry with him for not supporting me because deep down I was scared that he would no longer love me. I knew then, to have the courage and strength to continue down the road less traveled, I had to heal my fearful, wounded inner child. If you too feel lost, lonely, small, and afraid of losing love and acceptance, you may also benefit from healing the inner child who once felt insecure and not good enough. Saying these things to yourself is a good start. We may not have had parents who told us we deserved love, no matter what we achieved. Some of us may have had parents who considered showing love and tenderness to be a sign of weakness. But we can tell ourselves that we are loveable now. Say it whenever you see yourself in the mirror. Say it in any random moments. Love is the key to healing, so give it to yourself. Oftentimes when we feel hurt, we push down our feelings and try to act strong. They fester inside of us, affecting the choices we make as adults until we make the conscious effort to hear them. I never acknowledged that I felt abandoned when my mum left, but I did, and I carried that into my adult relationships. To heal, I had to acknowledge how her leaving affected me. I had to give a voice to all the pain I stuffed down back then. As children, many of us assumed that we deserved to be abused, shamed, or abandoned. We told ourselves that we were a bad kid, that we did something wrong. Perhaps my mum was beaten as a child, so it was the only way she knew how to parent her daughter. A child is innocent and pure. A child does not deserve to be abused, shamed, or abandoned. I considered slowing down a sign of weakness. Not too long ago, I was constantly stressed about not doing enough. I never cut myself any slack. I would criticize myself if I simply wanted to rest. So I told my inner child I was sorry. One of the quickest ways to destroy ourselves is to hold on to shame and regret. The first night my mum returned home when I was fourteen, she asked to sleep with me. We only had two beds at that time, one for me and one for my dad. My mum left again. Then, a few days after, my dad told me that they were getting a divorce after being separated for eight years. I thought it was my fault. Why did I have to roll around and so childishly put up a sign? And I forgive myself for anything I could have done better. I was only a kid, and like everyone, I was and am human and imperfect. Thank your inner child for never giving up, for getting through the tough moments in life together with you with strength and perseverance. Thank your inner child for trying to protect you, even if her way was holding on to painful memories. You did your best. But I did the best I could at the time, and you did too. When we let go of perfection, the fear of failure recedes. Then we can allow ourselves to experiment and see how things unfold. It started from acknowledging, accepting, and beginning the ongoing process of re-parenting my inner child. What is the one thing you most want to say to your inner child today? She healed herself from depression through painting.

**Chapter 3 : Finding Your Inner Self | Personal Excellence**

*Listening To Your Inner Voice How gut instinct is just your intellect on speed. Posted May 10, Your Inner Voice: A Key to Self-Control; Can Some Lead a Better Life by Listening to their.*

De Visu Have you ever thought about who you are? What you stand for? Your inner self is who you really are on the inside. Advertisement To know your inner self is to know your purpose, values, vision, goals, motivations, and beliefs. Not what you have been told by others , but what you have discovered for yourself. Knowing your inner self requires a high level of introspection and self-awareness. If you have clarity of at least half of what is listed above, you probably have quite a high level of self-awareness. For one, you hold multiple identities in your life, each with its own set of socially defined values and expectations. They may not fully conform to who you are on the inside. Perhaps you love volleyball. Your ideal vision is to be an internationally acclaimed volleyball player and to become a highly sought-after volleyball coach, training national teams. This applies to your other identities too. These are just roles and titles. None of the roles by themselves accurately pinpoint who I am. The inner me is someone who cannot be defined by any one label. A good analogy to use would be the sunflower. Your inner self is like the head of the sunflower the center part where petals are attached to. Your identities are like the petals around your inner self. While the petals are extensions of the head, they are not the head. Similarly, your identities are extensions of yourself, but they do not represent who you are wholly. Importance of Finding Your Inner Self If you have never given much thought to who you are on the inside, it is likely that you have become defined by your identities. Some spend their whole lives building themselves around such identities. Take those identities away, and they get lost, because they have little awareness of who they are on the inside. Advertisement For example, someone who is entrenched in his identity as a son sees his entire existence as a son. When it comes to making important decisions, such as pertaining to his career or life partner, he makes sure that his parents approve before he takes any action. His parents are the central focus of his life. However, his real self is more than just being a son to his parents. If or rather when his parents exit from his life , he will be in a state of total loss. His life will start spiraling out of control since the anchor he has been building his life on is gone. When you become overly attached to any one of your identities, you run into the risk of an identity crisis when that particular role is removed. You are the owner of your life. If you are not connected with who you really are, you are probably just living your life for others. To know your inner self is the first step of living a conscious life of your creation. For example, if you find yourself often extolling the importance of filial piety, responsibility is likely one of your values. If you feel a compelling need to always be there for your friends, reliability is probably an important value to you. Discovering and unraveling it is a life-long process. Everyone was just focused on doing what they were told. We were never asked to think about who we were, what we thought, or who we wanted to be. While we had our own personalities, they were hazy at best. Come think of it, I think the reason why the self-awareness was so low is because conformance was highly valued in school or should I say, the Chinese society. Back then, having an opinion was seen as being defiant. Our role as a student was to follow instructions, not to question. If you had thoughts different from what was told, you would be shut down. We were more like robots doing what was told, or sleepwalkers as I like to call it. When I went to junior college and subsequently university, I became more self-aware. A lot of it came about from having increased liberty, for example getting to choose my classes and no longer being barked down by teachers. This may seem simple to you, but this was the first time I felt a sense of control in my life. Having more onus in decision making triggered me to think more “ about what I wanted for my future. I was also taking part in various extracurricular activities and giving private tuition to several students. Advertisement Subsequently as I worked in my previous company and subsequently quit to embrace my passion , I learned more about myself. Every day is a learning journey in discovering who I am and what I stand for. The more I uncover about myself, the more I am able to live consciously. Start off by removing all the different identities that you have been layered with throughout your life. This means stop thinking about yourself as a brother, a colleague, a friend, a partner, or whatever identity you commonly associate yourself with. Think about you as just yourself.

With a pen and paper, start writing whatever comes to mind as you read the questions below. What is your life purpose? What purpose do you see yourself standing for? What goals and dreams do you have for yourself for the next 1 year, 3 years, 5 years, or even 10 years? What are YOUR motivations in life? What gets you going, day after day? What will you fight for? What do you feel passion about? What are your values? What qualities are important to you? What are your beliefs about the world? If this is the first time you are doing such an exercise, you will probably get into a bit of a jam. Some of your answers may come from one of your social identities. If you are very family-centric, you may find your answers wholly centered around caring for your family. Start thinking beyond your family. What is your vision for yourself, outside of family? What are your personal motivations in life? Even if you draw up a blank, there is a real you that lies beneath your social identities, waiting to be uncovered. Here are some steps that I have found useful in uncovering my inner self: Continuously learning and growing.

Chapter 4 : listening to the inner self | Download eBook PDF/EPUB

*Listening and then following your intuition can be hard, but it is essential for living a happy and blissful life! We live in a patriarchal/masculine society where we have decided to use logic over intuition, but clearly, this hasn't gotten us very far.*

Jnana Yoga - defining jnana Yoga Hinduism - foremost path of spirituality Karta - God Almighty creator - doer of everything in the cosmos Love this website- Donate for a cause Inner self meaning definition innerself What is your Inner self? What do we mean when we talk of the Inner self? Is it a part of the body or its existence in the body The Inner self within every living being including human beings is the subtle core present within every being without which the existence of the body itself gets negated. The body is there for our Inner self is there. The Inner self can live without the body but the body cannot sustain on its own. This Inner self has been defined in sacred Scriptures of all religions of the world as our soul the atman within. It is this soul atman which is on its cosmic journey. After a total journey of 8. On earthly plane this journey of 8. A long journey indeed! From the day a child is born For all practical purposes every body is an inert matter. Only after a body is activated the role of senses and mind start Of all the reasons in the first place, why did God Almighty create such an arrangement? The power that exists with the Inner self could have been given to the body itself! What was wrong with that? Here we need to understand as the requisite mining machinery is necessary to remove the impurities within the ore to separate metal from it The total journey of 8. Devoid of all the impurities This is the crux of life Prompted by the ego Does it negate the presence of the Inner self within? We may or may not believe in the existence of the Inner self or even God Almighty In the domain of God every living being has a right to live. Every human being for that matter has the power to discriminate between what is acceptable to one and what is not! Those who submit themselves before Almighty God find the path towards God easily accessible. Those who do not only prolong their journey on Mother Earth! To recognize the presence of the inner self within us is a godly gift bestowed on us by Almighty God. It is only the power of discrimination and logistics that makes a man arrive at the right conclusions. All the atheists in the world are not dammed for that matter When a robber conducts a robbery Left on its own Unless this person visualizes the wrongdoing from a different perspective he continues feeling that wrongs committed by him are in order. By grace of God it sometimes happens that even a hardened robber or dacoit changes overnight. It was sight of a spiritual master that even a hardcore criminal like Vyasa turned from a sporadic killer to a perfect spiritual being. He became Sage Vyasa None can exist without the presence of the Inner self. Every living body on Mother Earth owes its existence to the presence of an Inner self within every body. It is this Inner self which has been defined in hinduism and spirituality as our atman the soul within. Every meditational retreat, spiritual retreat, personal motivation and personal development class organized owes its existence to the presence of an Inner self within us. For more on inner self visit - inner self. Send Your Query - click here Ref. Proceed on the path of spirituality with Vijay Kumar Reached the end of his cosmic Life! Post Here any query for possible inclusion in the Newsletter!

**Chapter 5 : How to Listen to and Change Your Self Talk: 6 Steps**

*I'd never heard of the concept inner wisdom, or inner voice. I started following my interests and doing what made me feel good, and this is the essence of doing what you love and listening to that subtle voice inside of you.*

It is within everyone. Do you doubt yourself and every inner signal you get? I started following my interests and doing what made me feel good , and this is the essence of doing what you love and listening to that subtle voice inside of you. The problems start when we listen too much to outside sources. I went through one of these periods myself. Looking back, I see that while it was a period of struggle, it also helped me go deeper into what worked for me. What is Inner Wisdom, Anyway? You may get nudges from your soul by getting inspirational thoughts. It may be an unexplainable feeling that gets you into action. Or you may see an image in your mind. My inner wisdom is a blend of all of the above. But more often than not, it communicates through feeling. I feel my way through life. I still misinterpret the messages I get. Sometimes I follow fear. Sometimes I give into resistance. You can play and experiment; see what messages you get. When my mind is calm, the connection to my inner wisdom is the strongest. When you take a time out, gradually your calm will return along with the connection to your wisdom. Stop trying so hard. I want to figure it all out. I want to force results, and I want to have achieved my goals last year. If I try to dig my way out, I only sink in deeper. Instead, I have to let myself be pulled out. And it goes back to calming down. We looked at different options and listened to our hearts. I let days pass because I noticed that the more distance I got, the clearer the signal from my inner wisdom. The realtor would try to pressure us, but we took our time. One day, we saw a house come on the market. We almost dismissed it. Then we went to have a look, and the moment I stepped in the door, my inner voice said yes. We waited a few days to see if the feeling would change. So when you want to get feedback from your inner wisdom, get the feedback over a couple of days or more. I still worry but less than before. I can only do my best with what I have. All I can do is listen to the quiet voice within me and see where it takes me. All you can do is live life to the best of your ability. What You Need to Remember When I started reading about living a heart-based life, I thought that if I could just tap into my inner wisdom, my life would be filled with euphoria. We see individual events as bad because we isolate them. In the end, your inner wisdom is always there, just like the sun is behind the clouds on a rainy day, waiting for you to relax. All you have to do is calm down and pay attention. But have fun, and notice how your inner voice works.

**Chapter 6 : 7 Things Your Inner Child Needs to Hear You Say**

*How to Listen to and Change Your Self Talk Self Talk (intrapersonal communication) is the way your mind speaks to you in all situations, from daily routines to difficult life events. It is the inner voice that can either encourage or chastise you.*

You listen to your friends. You listen to your family. You listen to your teachers. And you listen to your mind and your heart, too. To listen to your inner self, go beyond your body, go beyond your mind, and go beyond your heart. If you want to learn more about your true nature, you need to form the habit of listening to your inner self daily. By listening to the inner self you understand everything you want to know about yourself – you understand your thoughts, you understand your desires, you understand your feelings, you understand all the sensations going inside your body. The second step is to go beyond them and dive deep down into yourself. This state is nothing but the absence of everything you know. In this state there is no mind, no heart, no body. That means there is also no thoughts, no desires, no feelings. But the question of staying in this state comes later. Your inner self is the reason you exist, and is it asking too much of yourself to give some time to listen to it? You will be able to make decisions as good as anyone else in your position. Your inner self can guide you in situations even when your mind and heart fail to. Now you may ask how can you listen to this inner self? By meditating every day, you bring yourself more and more closer to your inner self. This inner self is nothing but your consciousness that is always there inside you. Meditation helps you get rid of the unimportant things so that you can focus all your energy on the important ones; in this case, our inner self. So, starting today, now is even better, spend some time every day to listen to your inner self. It will take effort and struggle to break your old patterns of living. But you must break them to come back to yourself; the way you were before everything else happened to you. As it takes time to discover your inner self, the more you delay to search for it, the harder it becomes. I teach others how to practice mindfulness and meditation, so that they can find inner peace, lasting happiness, and a deeper meaning and purpose in their lives.

Chapter 7 : Listening to the inner self | Open Library

*To know your inner self is the first step of living a conscious life of your creation. Knowing Your Inner Self Comes From Self-Awareness. Listening to my gut feeling;*

Write For Us The more you trust your intuition, the more empowered you become, the stronger you become, and the happier you become. The time of the feminine is here, and it is time to start listening and trusting our own intuition. I studied accounting in college. In the back of my mind, I knew accounting was not for me. One thing I loved was traveling. How on earth was I going to convince my parents this is was ok? After an amazing year of living abroad and traveling around Europe, I was back in the same boat â€” unsure and confused about what to do with my life. I felt like something was always missing. I used partying and alcohol to fill the gap, not knowing there were other options. To me, this sounded amazing. The salary was not great, but something was telling me not to pass down this opportunity. I took the job. That was the first time I really listened to my voice inside. The job ended up getting me a scholarship to become a Health Coach. I fell in love with the holistic lifestyle. I had a job that allowed me to be myself, and do the things I loved. My intuition then led me to complete a yoga teacher training, something I had thought and dreamed about for a while. I would never have taken the plunge into this teacher training without finally listening to what my inner voice was guiding me to do. Intuition is the highest form of intelligence, transcending all individual abilities and skills. I am a certified health coach and yoga instructor. I am teaching yoga in NYC and coaching clients in health and wellness in person and on Skype! I absolutely love being able to help people by teaching them what I know and love. I am finally on my way to living the life of my dreams. Soâ€¦ How do you do it? Start listening to yourself, and to the signs the universe is displaying all around you. Just focus on now, how are you feeling right now. Once you are able to live more in the present moment without worrying about the future and the past, you will be able to listen more closely!

**Chapter 8 : How to Find Your Inner Self (with Pictures) - wikiHow**

*Another sign that you are listening to your inner self, is when the answer you receive makes sense on more than one level. Real truth reveals itself in many ways. The Exercise to Release Limiting Beliefs is an extremely effective way to connect with and receive guidance from your higher self.*

Over time, we identify less and less with the thoughts, and we begin to realize that we are the observer rather than the thoughts themselves. The habitual thought patterns do not kick in. So the thoughts still arise. And they pass away. Not just while we are sitting on our meditation cushion. As one becomes more familiar with resting within the gaps, one begins to experience more the peace and tranquillity that is within everyone of us. When the mind is quiet we become aware of our inner nature. As this peace and tranquillity nurtures and grows, we become much more aware of more subtle thoughts and feelings which arise from deep within us. These subtle thoughts and feelings are so subtle, that when the normal babble of the mind is there, we are now aware of them. It is only when we learn to quieten the babble that we begin to get in touch with these subtle inner feelings which are much more in tune with our own inner nature than the surface babble that we are normally swamped with. As we become aware of these subtle inner feelings we begin to become more guided, or more in tune with our true inner self. As this happens we become more balanced with our own inner nature and we become more peaceful, happy and fulfilled. Sometimes these feelings are quite fleeting. I am sure that everyone one of us has had such a feeling at some time in our lives. When the logical thing would have been to follow some course of action. When something feels right or you are drawn to something and you know that it just is meant to be. It is often those types of feelings people get when they meet someone special, or they find the house they were looking to buy. One circumstance of finding the land for Burren Yoga. So what has all that got to do with finding the site for Burren Yoga? After about 4 weeks of driving around every evening after work, and every weekend, I suddenly realized that I seemed to be spending most of my time searching around Kinvara and The Burren. So I intensified my search in that area. Another circumstance of finding the piece of land I eventually found a house about 5 miles outside Kinvara that appeared to meet everything that I had been looking for, and I made a bid on the house. Each week one or two other bids came in, and there appeared to be 3 of us bidding for the same house. Although I was bidding on this house, I was still driving down back roads around Kinvara and The Burren after work each day. And one weekend I drove down a small back road towards the hill of Cappaghmore when I caught the sign for sale out of the corner of my eye as I was driving past. I reversed along the country road and parked my car outside the entrance to the site where I saw a guy doing some gardening work inside the entrance. He greeted me as I walked in and I could tell from his accent that he was also originally from Dublin where I had grown up. He was living in a mobile home on the piece of land he had bought about 10 years previously. Through the conversation it turned out he had worked in a shop in Dublin that my mother used to regularly go to many years ago. It also turned out that he had been meditating every day on the site for the previous ten years. It looked a little like a wild type of park just waiting to build a house in the middle of it. When I told him about the land and the good price it was going for, he said he would come to Galway over the next couple of days to see the site and secure the sale if all went well. Two weeks later the house I was bidding on became too expensive, and I began to wonder could I build a house instead of buying one already built. And then the ideas began to come about building a yoga centre instead of simply a house for me to live in. I did some quick investigation of prices to build and all looked favourably, so I went back to the piece of land for sale, talked to the owner and we agreed the sale and transfer of deeds. Coincidence or is there more going on than we are aware of I believe that we are very fortunate when we get glimpses into the web of connections that is taken place all the time but most of which we are unaware of. I would not be able to prove that the apparent coincidences that happened that led me to finding the available piece of land on which to found the Burren Yoga and Meditation Centre were anything but apparent coincidences, nor would I spend the energy trying to convince anyone of this. So I just leave it up to each reader to consider that many things which happen in life are really taking place as a result of a much bigger picture than what we are aware of within our tiny conscious minds.

**Chapter 9 : How to Listen to Your Inner Voice and Follow Your Intuition – Purpose Fairy**

*Listen to your inner voice by Psychologies Since the beginning of time, humankind has told of a 'small voice' speaking to us from the core of our being in moments of danger or great intensity directing us to safety, or towards our destiny.*

The critical inner voice is a well-integrated pattern of destructive thoughts toward ourselves and others. The critical inner voice is not an auditory hallucination; it is experienced as thoughts within your head. This stream of destructive thoughts forms an anti-self that discourages individuals from acting in their best interest. The critical inner voice is an internal enemy that can affect every aspect of our lives, including our self-esteem and confidence, our personal and intimate relationships, and our performance and accomplishments at school and work. These negative thoughts affect us by undermining our positive feelings about ourselves and others and fostering self-criticism, inwardness, distrust, self-denial, addictions and a retreat from goal-directed activities. These inner voices usually come from early life experiences that are internalized and taken in as ways we think about ourselves. Often, many of these negative voices come from our parents or primary care takers, as children we pick up on the negative attitudes that parents not only have towards their children but also toward themselves. Our voices can also come from interactions with peers and siblings, or influential adults. Many people think if they stop listening to their critical inner voice, they will lose touch with their conscience. However, the critical inner voice is not a trustworthy moral guide like a conscience. On the contrary, the critical inner voice is degrading and punishing and often leads us to make unhealthy decisions. These negative voices tend to increase our feelings of self-hatred without motivating us to change undesirable qualities or act in a constructive manner. In order to take power over this destructive thought process, you must first become conscious of what your inner voice is telling you so you can stop it from ruining your life. To identify this, it is helpful to pay attention to when you suddenly slip into a bad mood or become upset, often these negative shifts in emotion are a result of a critical inner voice. Once you identify the thought process and pinpoint the negative actions it is advocating, you can take control over your inner voice by consciously deciding not to listen. Instead you can the actions that are in your best interest. [Read More About the Critical Inner Voice](#) We are all aware of those nagging thoughts and doubts that increase our nervousness and interfere with our performance at various times. However, most of us are unaware that these sneering, belittling self-criticisms are only the tip of an iceberg. They are merely the more obvious fragments of a larger, well-hidden enemy within each of us that influences our actions, interferes with the pursuit of our personal and career goals, and has an overall negative impact on our lives. The critical inner voice can be thought of as the language of the defensive process. In other words, people often make their actions correspond to their self-attacks. Watch Lisa Firestone, Ph. On the one hand, we have self-regard—we have traits and behaviors that we like or feel comfortable with. We have natural tendencies to grow and develop and to pursue our personal and vocational goals, as well as desires to be close in our relationships and to search for meaning in life. These qualities all make up who we really are; they reflect an undefended part of our personality and a friendly, compassionate view of our self. The positive part of us consists of our unique characteristics—physical abilities and attributes, and emotional temperament, as well as positive traits that we naturally incorporated from our parents. Then it is further influenced by what we learn, what we enjoy, and the experiences that facilitate our personal growth. It is the defended, negative side of our personality that is opposed to our ongoing development. The voice consists of the negative thoughts, beliefs and attitudes that oppose our best interests and diminish our self-esteem. It encourages and strongly influences self-defeating and self-destructive behavior. This hostile, judgmental advisor also warns us about other people, promoting angry and cynical attitudes toward others and creating a negative, pessimistic picture of the world. The critical inner voice exists to varying degrees in every person. It undermines our ability to interpret events realistically; it triggers negative moods and sabotages our pursuit of satisfaction and meaning in life. These destructive internalized thoughts lead to a sense of alienation—a feeling of being removed from ourselves and distant from those we love. This process has a seriously negative consequence on our lives. Although most of us are conscious of some aspects of this inner voice, many of our negative thoughts exist on an unconscious level. At times, we

may recognize what our critical inner voice is telling us, while at other times, we may be unclear about our negative thinking and simply accept it as being true. We are often unaware of the destructive impact that these thoughts are having on our emotions, actions, and the overall quality of our lives. What most distinguishes the inner voice from a conscience is its degrading, punishing quality. Its demeaning tone tends to increase our feelings of self-hatred instead of motivating us to change undesirable actions in a constructive manner.

**Challenging your Critical Inner Voice** You can take power over your critical inner voice. When you become conscious of what it is telling you, you can stop it from running your life. To do this, be on the lookout for when you slip into a bad mood or become upset. What happened and, most importantly, what did you start telling yourself after the event? The fact that your mood shifted from feeling optimistic or relaxed to feeling down or irritable is probably a sign that you are interpreting the event through your critical inner voice. Now that you have identified that your critical inner voice is advising you, what is it trying to get you to do? When you pinpoint the actions that it is advocating, you can take control over your critical inner voice. You can consciously decide to take action against its directives, thereby acting in your own interest. By identifying the critical inner voice and the role it plays in supporting our negative self-image, we can take action against it and significantly change our lives. We can reject attitudes that oppose our best interests and diminish our self-esteem. We can stop self-defeating and self-destructive behavior. We cannot tolerate angry, cynical attitudes toward others that turn us against people. As you emancipate yourself from your critical inner voice, you will be free to engage in your pursuit of satisfaction and meaning in life. You will feel at peace with yourself and close to those you love. You will enjoy a compassionate view of the world and an optimistic outlook on life. Help support our effort to bring psychological information to the public by making a donation.