

Meet Your

INNER CRITIC

Profile...

1. Negative self-talk, critical
2. Often angry at yourself
3. You do your work over, even when it's okay the first time
4. Impatient with your kids' mistakes
5. May have grown up in a judgmental home or with critical parents
6. Perfectionistic tendencies
7. Quick to find fault, legalistic
8. You rarely give unmixed compliments
9. You find it hard to receive compliments
10. When people praise you, you suspect their motives
11. Emotional reactions are disproportionate to the problem
12. You over-react to imperfection
13. Every silver lining has a cloud
14. You wait for the other shoe to drop
15. Others see you as neat, tidy, or put together; you see yourself as a nut
16. Pure happiness eludes you
17. Mutters about your own imperfections
18. A long list of (mostly impossible) changes you think you must make



Underlying Reality...

Self-Worth... Your Inner Critic hops into the driver's seat whenever you feel like an idiot. Unfortunately, you have derived your identity from the negative voices in your past, such as critical parents, unkind teachers, or harsh siblings.

Quick Solution

You need to discover your new identity in Christ. Your Heavenly Father sees you in Christ, and to him, you're perfect!

Your Inner Critic is your flesh's way of preserving your self-worth without God's grace!

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Try this...

Next time your Inner Critic mouths off, try this. Ask yourself, in that moment, what you feel "stupid" about. Why do you feel like an idiot? And whose critical voice echoes in your mind? Be objective: are you *really* being stupid? Or, are you over-reacting? Do other people care about this like you do?

Your greatest need is to let God define you, not the people who hurt you. You are who God says you are!

Ask yourself: what would Jesus say to my Inner Critic? What would he say about my worth?

The coping mechanisms that protected your life as a child can ruin your life as an adult.

Meditate...

- and you are complete in Him, who is the head of all principality and power. (Colossians 2:10, NKJV).
- to the praise of the glory of His grace, by which He has made us accepted in the Beloved. (Ephesians 1:6, NKJV).
- Indeed it was for my own peace That I had great bitterness; But You have lovingly delivered my soul from the pit of corruption, For You have cast all my sins behind Your back. (Isaiah 38:17, NKJV).
- Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. (Romans 5:1, 2, NKJV).