Inner Child/Inner Critic

What brings energy into your life? What defeats you? We have two inner voices in which we interact with daily. The first is our inner child, full of hope, creative and adventurous. The other, our inner critic, is cynical and full of fear, “don’ts” and “shoulds”. We need trust, confidence, and openness in order to allow us the possibility to engage with the possibilities of creativity. Here we’ll interact with both voices, which will be the foundation of our work in the next section.

**Part 1:**

With your dominant hand, write a list of your “don’t” and “shoulds”. Ex. “Be careful”; “Don’t take chances”, “Be quiet”

Set a timer for one minute and write down everything you hear your critical voice say.

**Part 2:**

Imagine yourself as a happy child. Draw or write with your non-dominant hand. Respond to the sensations of your inner child. Set a timer for 5-10 minutes and embrace whatever comes up. You can draw or paint a picture, write a poem or a letter of encouragement to yourself, or anything else that feels right for you.