



# *A Soul Practice*

for "[Moving from the Inner Critic to Self Compassion](#)"

## *Take Your Inner Critic For A Power Walk*

[or take part in another rhythmic/repetitive non-thinking physical activity]

**Agenda:** *Compassionately Listen to Your Inner Critic* with the intent to understand its *mindset* and *why* it hassles you. Gaining this understanding can free you from blindly getting hooked by the Inner Critic's messages.

**The Walk:** Imagine the Inner Critic is someone you have invited on this walk because you want a better relationship with him/her [a family member perhaps - father, mother, sibling, etc.] You know he/she cares about you, but the need to criticize you is troublesome. You express that you want to understand *why* he/she is hassling you about \_\_\_\_\_. Ask what his/her *fear* is for you. Listen beyond the shaming, case building, all-or-nothing, autocratic style of communication in order to hear what is driving him/her to drive you.

Walk & listen until *the window of understanding* opens up. Seeing that your Inner Critic (fearful about your wellbeing) is loving you in its backward way the best way it knows how, you are filled with compassion for this part of you. Head for home.