

Meet Your Inner Critic



Over the last couple of weeks we've been looking at the topic of gravitas – last week I shared an [exercise to help us get grounded](#) which is a good place to start the journey towards more gravitas.

Here's another exercise to help you on your way – again, from the book [Gravitas](#) shared with the permission of author Caroline Goyder and Vermilion.

Many of us have a negative voice in our heads – I call it the 'gremlin voice' and I love this creative way of dealing with that gremlin or inner critic once and for all:

1. Notice where the voice is in your head
2. Left or right? High or low?
3. Play with the voice, turn the volume down
4. Turn up so loud it sounds ridiculous
5. Imagine it really far away on a tiny smartphone
6. Notice how when you turn up the inner critic it raises your anxiety levels and stresses you out
7. Notice how when you turn the volume down you relax. In effect, you are in control of how you respond to any situation and if you turn the volume down on the inner critic you can minimise the anxiety that blocks your gravitas

My inner critic was out big-style last week – screaming at me so loud that I couldn't think straight - I'd screwed up with a lovely client of mine and the voice was telling me off in no uncertain times. When I turned him down I was able to pick up the phone and apologise. And calm was restored.

So remember – you are in charge of the volume!

STOP PRESS. Caroline is joining me for a full day on my 3 day [Lead with Impact](#) intensive residential programme for managers in October. Contact pat@lynnscottcoaching.co.uk for all the details (there are only six places and the launch price ends on 7 August)