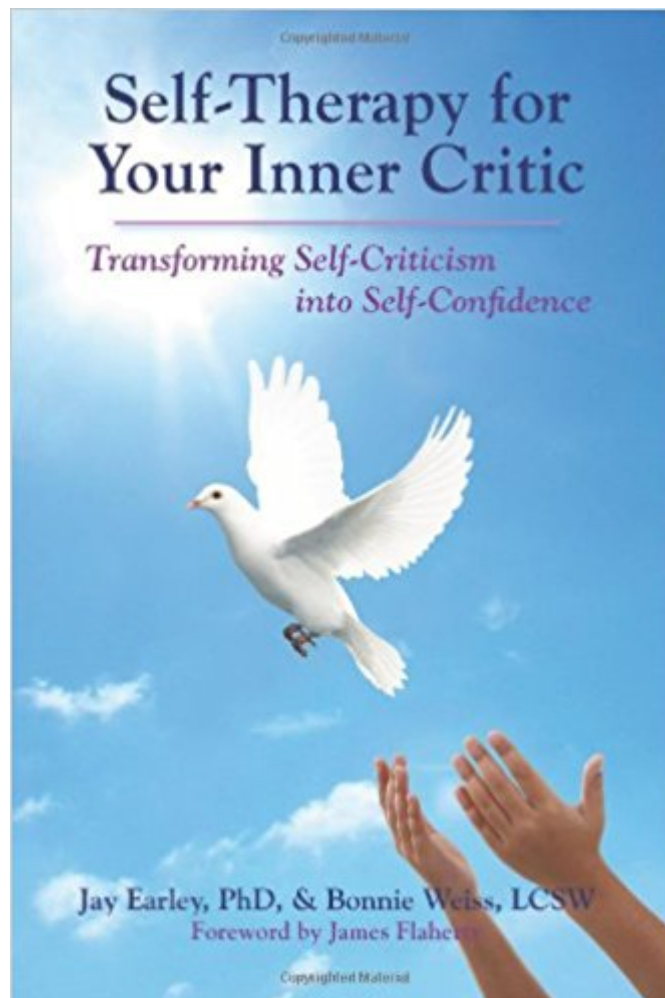




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# Self-Therapy For Your Inner Critic: Transforming Self Criticism Into Self-Confidence



## Synopsis

The Inner Critic is the part of you that judges you, demeans you, and tells you who you should be. It undermines your self-confidence and makes you feel bad about yourself. *Self-Therapy for Your Inner Critic* shows how to convert your Inner Critic into an ally using Internal Family Systems Therapy (IFS), a powerful new approach. It is a follow-up to *Self-Therapy*, a widely-used IFS self-help book, showing how to apply IFS to transforming the Inner Critic. The authors identify seven types of Inner Critics and how to work with each one. You also learn how to evoke your Inner Champion, which is a magic bullet for dealing with the effects of Inner Critic attacks. In my work with people in a contemplative context, I have found self-judgment and harsh self-criticism to be pervasive, and often paralyzing and debilitating. Jay Earley and Bonnie Weiss have given us a detailed and elegant, yet down-to-earth, framework to help transform such inner criticism. What particularly distinguishes this very helpful book from many others is their understanding of the protective function of the inner critic in its many forms, how the inner critic is not ultimately the "enemy," but can rather, with inner work, become an inner "champion" and mentor. With numerous examples of individuals' successful work with the inner critic, sparkling insights throughout the book, and their clear charting of a path of healing and transformation, Earley and Weiss have provided a very valuable and accessible resource, one that I will recommend to my students.--

DonaldÃ Rothberg, Ph.D., Spirit Rock Meditation Center, Woodacre, California Jay and Bonnie have pioneered in bringing IFS out of therapy offices and into people's daily lives. This book contains key guideposts for the inner explorer in terms of what to expect when engaging inner critics... I can fully endorse this most recent contribution to their important project of popularizing IFS.-- Richard Schwartz, PhD, creator of IFS

## Book Information

Paperback: 210 pages

Publisher: Pattern System Books (January 1, 2010)

Language: English

ISBN-10: 0984392718

ISBN-13: 978-0984392711

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.1 out of 5 stars 20 customer reviews

Best Sellers Rank: #772,947 in Books (See Top 100 in Books) #58 inÃ Books > Self-Help >

Inner Child #2756 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP](#) #3008 in [Books > Self-Help > Self-Esteem](#)

## Customer Reviews

From the Foreword [This](#) extraordinarily helpful book uses transcripts from real conversations, playful illustrations, checklists, and questionnaires. The authors, both deeply experienced in Internal Family Systems Therapy, clearly show a step-by-step process of diminishing the critic's power and transforming it into an ally through psychological alchemy, which is at the heart of their therapeutic method. They've found the perfect balance point by writing a book that isn't too dense in theory to be useful and isn't too superficial to have much lasting impact. [The](#) inner critic is often disguised, defended, and deeply enmeshed within us in contradictory thoughts, feelings, and sensations. In a further sign of the authors' true mastery of the topic, they make this confusing bundle of reactions clear and accessible. [The](#) book also shows how we can gain access to parts of ourselves that can bring encouragement, continuous learning and self-correction to our most important activities and relationships. As a consequence, readers can develop themselves into someone with much greater confidence and independence of thought and action. [Please](#) jump into this book and take on its activities, at first for yourself; they will bring you immediate relief and learning. Then, if you're someone who works with others, bring the book's practical wisdom to your clients. They will be grateful, well served, and left with much greater self-knowledge and competence. [With](#) [gratitude](#), respect, and admiration for Jay and Bonnie, I wholeheartedly recommend you bring your full commitment and dedication to this book. [James Flaherty](#)  
Founder of New Ventures West, Integral Coaching® Author of Coaching: Evoking Excellence in Others

Reading Self-Therapy for Your Inner Critic has been a treat! As a pastor and a psychoanalyst who uses IFS more and more, I appreciate this book as a resource with enormous potential for healing in a place where so many people suffer--the assaults of their Inner Critic. Its clarity about the different types of Critics was edifying, and the exercises were easy to practice. While reading the book, I was able to become more acquainted with my own Critic parts in a deepening way. Weiss and Earley have made an important contribution to the endeavor of refining the application of IFS to a wider audience.-- Ann M. Akers, M.Div, LP, NCPsyA, New York City Jay Earley and Bonnie Weiss's remarkable book will lead you beyond survival and old adaptations and into a life free from the confines of the past. Our Inner Critics are, after all, a way of protecting our inner exiles from further

pain, suffering, humiliation and shame. This Critic book shows the path of transforming our Critics to have new roles in our psyche. Self Therapy for Your Inner Critic and it's companion volume, Self-Therapy, could be called the New Bible of Self-Transformation. They give a detailed map to support you in unfolding an adventure of healing--allowing for your flowering, fullness, and joy in living.~ ~ -- Paula Smith-Hamilton, LCSW, PhD, Davis, CA

I bought the book several months ago. I am familiar with IFS therapy, having done it with an IFS therapist and on my own with a partner for a few years now. I have significantly healed several traumatized parts and overall feel more at ease in profound ways, experiencing life more fully to be sure. The first time I read the Inner Critic book I was not captured by its content, and in taking the survey I did not appear to have many issues from inner critics. However, since then I've had some triggering events, and on a re-read of the book it seems much more compelling to me this time. I'm aware of an Underminer and a Molder, who may actually be working together using shame/guilt that makes me procrastinate. Now I am curious to learn if there are other critics. Nothing like being prepared by experience to appreciate something! I recently attended a free teleseminar with the authors, where I learned that many people may not hear the inner critic's voice but rather feel the impact on their inner child. I felt a kinship and thought 'aha!' I followed up on this in my IFS work, and I now 'hear' harsh judgments as thoughts when connecting with the Molder. This has made it much easier to work with and change.

The book, Self-Therapy for Your Inner Critic, is a gift to many of us! I have been in the field of psychotherapy for 27 years and finally there is a book that I can share with many clients regarding their inner critics. Dr. Earley and Ms Weiss did a great job in taking us through a step by step process of transforming the inner critic by using the Internal Family Systems model. It is easy to read and comprehend. In my estimation, one of the most important illustrations in the book is that inner critics have good intentions! They have good purposes in mind. Yet, they can create hurtful, destructive, and abusive internal patterns that are difficult to stop. This book takes you through the process of honoring, supporting, and understanding the work of your inner critics. It shows that it is important to develop a trusting relationship with them in order to help heal the criticized child or children. Honoring the good intentions of the inner critics is the key to healing! Again, this is why I believe this book is a gift to us all. Teresa Ortiz, MSW, LCSW

This book taught me to identify my inner critic and make friends with her. Before this, I hated my

inner critic and wanted to get rid of her. The more I tried to get rid of her, the stronger she became. The authors taught me to embrace her because she's only trying to help me. Now we can cooperate and live in peace. The illustrations were really helpful and reinforced the authors' message.

Watch your care fly away with this book. A little intense at times you will want a pillow and some Kleenex.

This book had been so helpful. I started to recognize bad relationship habits that I struggle with as soon as I started reading. It has given me and my partner a lot of insight into how and why we react the way we do and how to change the way we interact with each other.

Great and amazing book that helps you grow and gain more insight about yourself. I highly recommend it.

I did not realize we have so many critics within ourselves, and this book helped me to identify many of my own inner critics. I highly recommend this book, it goes well with the workbook.

This book is very helpful in your everyday life not only the way others see you but more importantly how we see ourselves.

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