

Playing Big with Tara Mohr

Practices for Quieting the Inner Critic

Identifying as a Voice

1. Label and notice the inner critic voice.
2. Separate the "I" from the inner critic.
3. Create a character that personifies your inner critic.

Grounding in New Perspective

4. Compassionately see your inner critic's motives. Ask, "What does my safety instinct not like about this situation?"
5. Look for the humor in what it is saying.
6. Check in with your inner mentor.
7. Choose a core value to let lead you instead.

Somatic Tools

8. Remove your critic from the scene.
9. Pantomime putting all your inner critic thoughts into a vessel (a cup, bowl, box).
10. Picture the voice receding into space.
11. Imagine you can simply turn down the volume on the critic's voice.

For more, visit taramohr.com or see the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead* (Penguin Random House).