

Important

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Calming our inner critical voice

OANA RATIU

Practice time, on average:

10-15 minutes

In which cases, how often and to whom I recommend this practice:

- If you criticize yourself and others frequently
- If you are criticized often and you are replaying the criticism over and over again in your head
- If you lack self-confidence to take important steps, because you talk yourself out of them
- If you feel that you have a negative thinking about yourself, life and others

If you feel that one or all of the above points are intensely present in your life, use this practice every day, for the next two weeks.

How to start:

This is a tapping practice that we will break into two parts. We begin with tapping on the critical voice, so the first thing to do is to think back to your day today and turn your focus inward. What does the critical voice say when you sum up your day or when you think about the project you're working on now? Write down the words, sentences you hear in your mind.

Your mind may start talking to you in First Person, making you feel even more critical of yourself. For example, you can hear sentences such as: "I'm not good enough". Keep in mind that in this part here we describe the negative and mostly offensive thoughts that emerge. So just write them down, you will be able to transform them into positives during the practice.

USEFUL TIP

On page 3 you can find a picture with the tapping points. On the link below, you can find more useful information about EFT

<https://www.oanaratiu.com/eft-tapping-info.pdf>

After writing all the thoughts down, allow them consciously to sink in, then write down how every word or phrase affects you? What are the emotions coming up? Maybe sadness, frustration, anger, etc.? Where do you feel them in your body?

Write them down underneath each other. Take them one by one and determine their intensity on a scale of 0 to 10, where 0 = I do not feel anything, 10 = it cannot get stronger than this

Note:

You may find that you would rather separate the emotions from the physical sensations and you would write their intensity separately. This is a very good idea, as this way you will be able to measure the change after tapping even better.

For example: I'm angry = 6 → so I feel this cramp in my neck = 9; the two things are connected and it's totally okay if the intensity between the emotion and the physical sensations are different, write down what you felt first! (If you cannot figure out the intensity as a number, you can also just take a guess. The tapping will work its magic!)

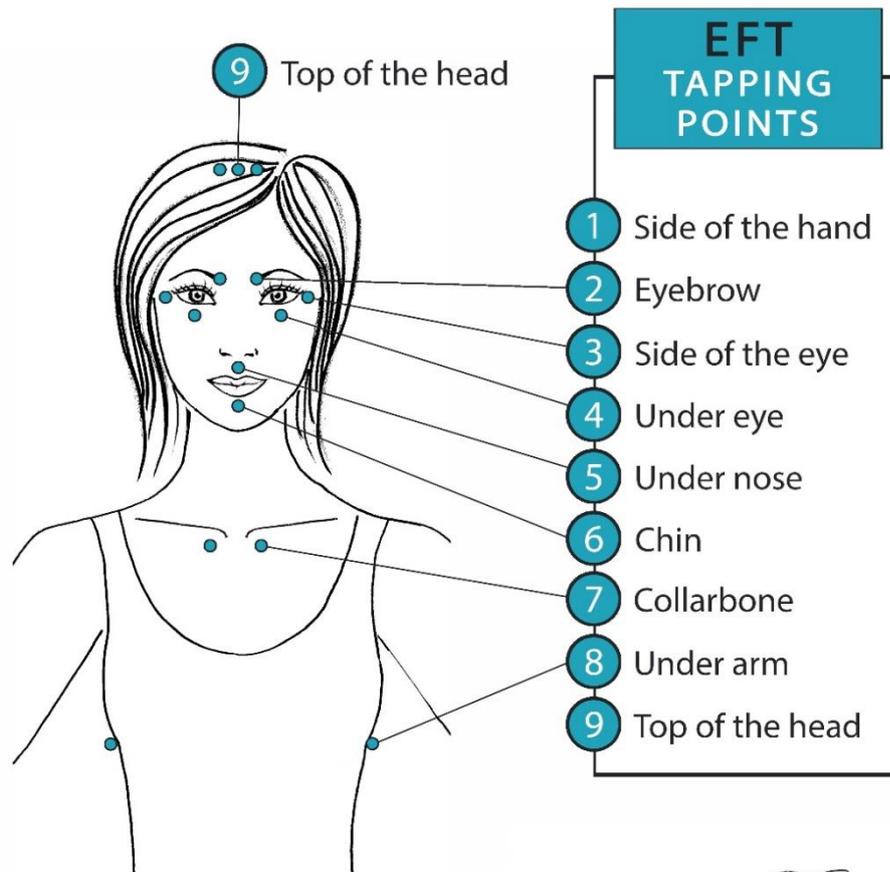
Follow the text that guides you through the practice as described below. This is a general text that can be applied to many different situations. It's important that you use the thoughts that you have written for yourself. Have your notes close by so you can make the necessary adjustments!

After a few rounds of tapping, when you feel that the intensity has decreased, we move to the positive part to reinforce the good things that make you who you are today! Then we focus on those new feelings as we want to feel. **The secret of success is to use your own words and phrases as often as possible!**

First Part – Meeting the critical voice

Take three slow, deep breaths, think about the experience you have when you hear this sound in your head and let it have its effect on you again. Let yourself be in this feeling. Turn your focus inward. **Which statement of the critical voice is the strongest, loudest now? What emotions come up and how strong is their intensity? Where do you feel them in your body?** Take a look at your notes, did you write down this emotion and it's intensity already? if so, do you sense any change (the intensity can get stronger, from the fact that you are about to start working on it), quickly write down the last intensity value. Underline the sentence from your list you start the tapping process with.

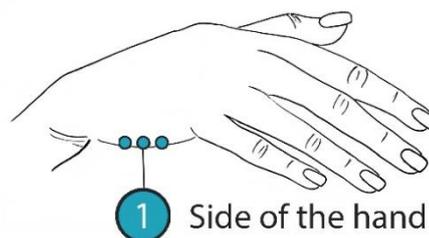
When you are done with this part, read the text slowly and start tapping gently on the points that the text suggests. If you are new to tapping, you can find the tapping points in the attached picture we created for your support.



EFT = the Emotional Freedom Technique = Tapping

EFT is a stress-relieving, self-healing and personal development method. When using EFT we gently and rhythmically touch the tapping points on the face, upper body, and hands (= meridian endpoints) using the fingertips.

While tapping, we say (outloud or silently) the words or phrases that are most relevant to our particular problem or challenge. It's a method that can be used anytime, it does not require pre-training or tools.



Tapp on the side of your hand and repeat out loud or silently to yourself:

Even though I regularly hear this critical voice in my head and I just can't seem to silence it, I deeply love and accept myself.

Even though I am so critical of myself that sometimes I feel like I am driving myself crazy, I deeply love and accept myself the way I am now.

Even though, I can't stop criticizing myself because I've been doing it for so long and I got used to hurting myself, I deeply love and accept myself.

Tapp on the points:

Eyebrow: this critical voice
Side of the eye: this critical voice is telling me that **[I am not good enough]** (<< fill in here the your thought, the one that had the strongest intensity, when you started focusing on this practice)
Under eye: it keeps telling me, over and over again that **[I am not good enough]**
Under nose: it's always here, especially when I least need it
Chin: I can not quiet it down
Collarbone: it's been with me since so long
Under arm: it's like it became a part of me
Top of the head: and keeps letting me know that **[I am not good enough]**

Eyebrow: am I really that bad?
Side of the eye: I am so so mad with myself
Under eye: why can't I just quiet this critical voice down?
Under nose: it keep telling me the same thing over and over that **[I am not good enough]**
Chin: and there is a side of me that still believes it all
Collarbone: this side of me still gives the critical voice power
Under arm: when this happens I feel like I am not myself
Top of the head: if only I could quiet it down

Take a slow deep breath, and keep on tapping.

Eyebrow: I am so disappointed
Side of the eye: why do I keep doing this to myself?
Under eye: I wish I could treat myself just a little better
Under nose: deep in my heart, I know it's safe to quiet this critical voice
Chin: maybe I could let go, just a little bit of being this tough on myself
Collarbone: maybe forgiving myself and being nicer to myself isn't so hard
Under arm: I am not perfect

Top of the head: but who is?
Eyebrow: I let go of my need to be perfect
Side of the eye: I let go of as much of my self-doubt as I can today
Under eye: as much as it's safe for me to let go of
Under nose: I choose to let go of at least some of my bad feelings
Chin: I believe, that I can forgive myself
Collarbone: it is time for me to quiet this critical voice inside me
Under arm: there was a time when it helped it, and I am grateful for that
Top of the head: but that time has passed, and now I can say good bye to it

Take a slow, deep breath and keep on tapping.

Eyebrow: it's time to let it go
Side of the eye: it's time to be more patient with myself
Under eye: it's safe to be more patient with myself
Under nose: I can and I choose to take one more step towards myself every day
Chin: it's time for me to start feeling better
Collarbone: I was too hard on myself for way too long
Under arm: and this behaviour didn't help much
Top of the head: it's time for me to try a different approach

Take a slow deep breath, close your eyes for a moment and get a feel for how strongly you feel the thought you started the tapping exercise with, between 0-10

- *Is it stronger than 2? If yes, repeat the exercise above then check the intensity again.*
- *If the intensity is between 0 and 2, continue the exercise with the Part 2 that you can find below!*

Part 2 – Positive Tapping

Here we will focus on our positive aspirations, on what we want to feel instead of the critical voice. The following text serves also just as a template. Replace it with your own words wherever possible.

Tapp on the side of your hand and repeat out loud or silently to yourself:

Even though, so far I believed everything that my critical voice told me, now I can start transforming its message!

Even though, there is a part of me that still believes a little in what the critical voice has been telling me, I now allow myself to let go of some of my bad feelings. I rather focus on my inner strength and good feelings!

Even though, until now I have been too hard and harsh on myself, I am now open to love and accept myself more and more just the way I am!

Tapp on the points:

Eyebrow: this critical voice almost stopped me from living my dreams
Side of the eye: for a while I completely believed in it and it's messages
Under eye: now I know that what I believed about myself it's not true at all and it doesn't bring me any good
Under nose: I am ready to change these beliefs
Chin: I know I can become what I truly believe in
Collarbone: I am determined to make this change
Under arm: I choose to believe in myself from now on
Top of the head: and in my dreams

Eyebrow: I believe in my abilities too
Side of the eye: from now on I will pay more attention to my strengths
Under eye: I learn to trust myself and my guidance
Under nose: this new attitude supports me in achieving everything I desire
Chin: the more bad feelings I let go of, the more good ideas come to mind
Collarbone: it's so good to know that my possibilities are infinite
Under arm: I find the power within me again, the power that has always been there and supports me
Top of the head: I learn to believe in myself

Take a slow, deep breath and continue tapping

Eyebrow:	I get the best ideas for me, in the best possible time
Side of the eye:	I learn to notice and take advantage of the opportunities coming my way
Under eye:	I allow myself to finally use the power that lives within me
Under nose:	I decided to use my intelligence from now on
Chin:	together with all my abilities, that make me who I am
Collarbone:	I am looking forward to using my talents
Under arm:	I really am good enough, I just happened to forget it for a while
Top of the head:	I may actually be better than I believe myself to be
Eyebrow:	what if this is all true?
Side of the eye:	and finally, it turns out that I am already good enough even now?
Under eye:	how different would my life be, if I believed that I am good enough and this is enough!
Under nose:	I'm curious how I could allow my abilities to surface even more
Chin:	I allow myself to use my abilities to my own good and the good of others
Collarbone:	I finally got a glimpse of my power and light, and I feel so uplifted from it
Under arm:	I feel this enthusiasm in every cell of my body, and I can't wait to try myself out
Top of the head:	I allow this enthusiasm and all these positive feelings to flow freely through my body, through every moment of my life and in all situations

Take a slow, deep breath.

Do you still feel some of the previous feeling you started with the first part of the exercise with? Do you feel it still in your body? If you still feel some of the feelings, repeat step 2 of the exercise.

Thank you for trying out this practice. I would be happy to get feed back on your experience. You can reach me at: info@oanaratiu.com

Good luck and enjoy tapping!

Love,
Oana

This practice can be found at <https://oanaratiu.com/> as part of “The Critical Voice – The little devil on our shoulder” article. <https://www.oanaratiu.com/blog/critical-voice/>