

# MEET YOUR 5 INNER CRITICS



## THE Classic Judge

This inner critic judges you endlessly for what you did, what you didn't do, what you should have done. Nothing escapes it. It's constantly criticizing your every decision, blaming you for things that are outside your control and filling you with self-doubt. Perfectionism would fall squarely into the Classic Judge's domain.

## THE Victim

The Victim makes you feel powerless. It's intensely pessimistic and manifests in a complete lack of motivation and zero hope. Closely linked to the ego, it's always ready with the response of, "It's not me, it's them." Lack of ownership characterizes the Victim, and it's constantly waiting to be rescued.

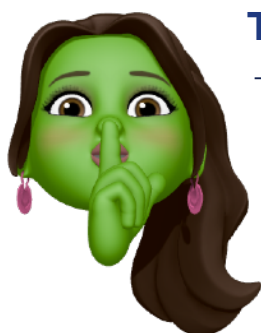
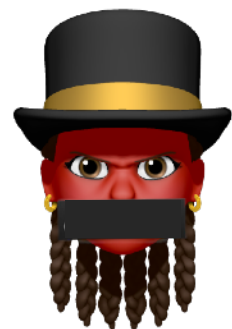


## THE Protector

The Protector wants to protect you from harm, but this desire manifests in an extreme form of risk-aversion and fear of failure. It "wants to keep you safe" by holding you back from action, but it does this by undermining your confidence and capabilities. It's paralyzing.

## THE Ringmaster

The Ringmaster tells you that your value is based on how driven and productive you are. It relentlessly demands you keep pushing your limits and convinces you that the moment you slow down, you're weak and a failure. The Ringmaster fuels your imposter syndrome, reminding you that you're a fraud and undeserving of your successes.



## THE Neglector

This Neglector tells you everyone else's needs are more important than yours. It says you're not worthy of care, so you prioritize the needs of those around you and feel undeserving of any investment in yourself. Based on my experience, the Neglector tends to be much stronger in women who often subconsciously conform to the stereotype of being carers and nurturers.