

INNER VOICES

The world of self-criticism on the one side and judgment toward others on the other side is a major part of the dance of life. —Hal Stone, Ph.D. & Sidra Stone, Ph.D., Clinical Psychologists

The critical inner voice is defined as a well-integrated pattern of negative thoughts toward one's self and others that is at the root of an individual's maladaptive behavior. —Lisa Firestone, Ph.D., Clinical Psychologist

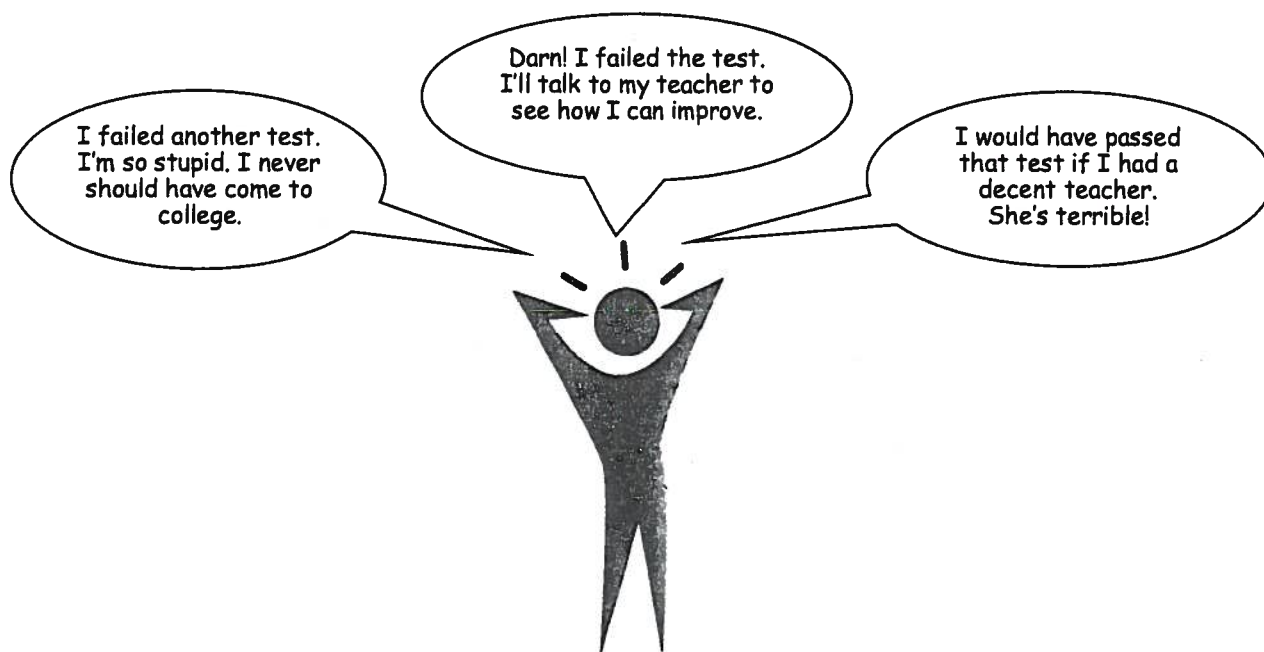
VICTIM VOICES

INNER CRITIC: The Inner Critic judges us. It blames us, complains about us, demeans us. This voice often sounds like a recording of critical parents and other judgmental adults we have known. Its positive intention seems to be protecting us from attack from the outside. Through constant self-criticism, the Inner Critic hopes to perfect our actions, thoughts, and feelings to meet the approval of others and thus avoid their displeasure and possible punishment.

INNER DEFENDER: The Inner Defender judges others. It blames others, complains about them, demeans them. This voice often sounds much like a scared, confused little child backed into a dangerous corner. Its positive intention seems to be fending off criticism and punishment from powerful others. As such, the Inner Defender becomes a master of the preemptive strike.

CREATOR VOICE

INNER GUIDE: The Inner Guide offers an objective and wise perspective about ourselves and others. It neither demeans nor attacks. Instead, the Inner Guide observes the events in a Creator's life, asking simply: *Am I on course or off course? If I'm off course, how can I best get back on course?* Our Inner Guides tell us the absolute truth (as best we can know it at that moment), allowing us to be more fully conscious of the world, other people, and especially ourselves.



**WHEN LIFE COMES CALLING, WITH WHICH INNER VOICE WILL I RESPOND?
IT'S MY CHOICE.**