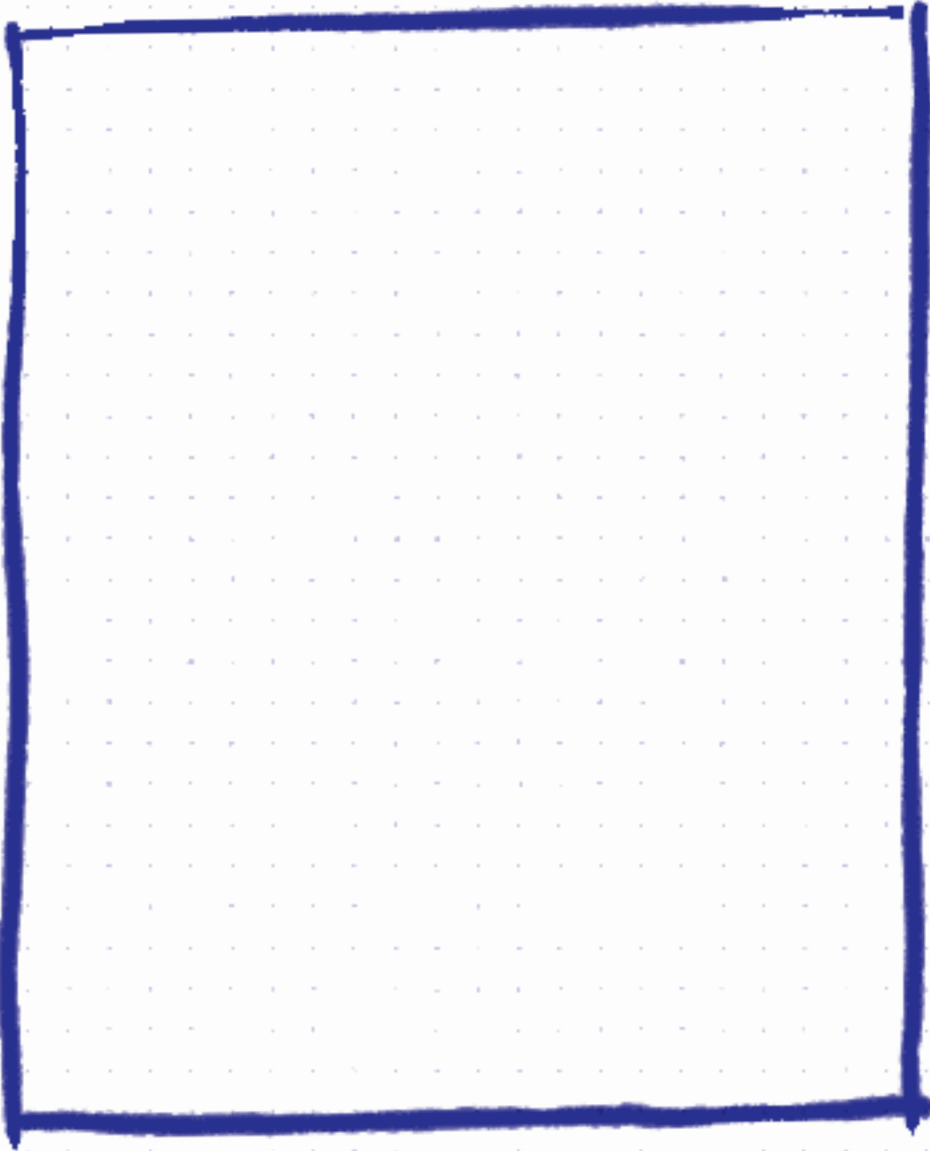


**I will not let anyone walk  
through my mind with  
their dirty feet**



**Design a monster which depicts your inner critic,  
then cover it with positive thoughts about yourself**



## **How to combat and reframe that voice.**

Everyone you encounter has their own psychological wounds, which govern their behaviours, and which they pass on to you. The critical voice can stem from poor responses to tasks attempted, continuous teasing about capabilities, punitive forms of corrections, comparisons to peers or siblings, etc.

All these things build a foundation for the younger self. Depending on later interactions, the unconscious mind will store this information, look for reinforcements of these negative thoughts, and then create defence mechanisms that are seemingly there to protect you.

You had no choice about who you had to listen to in your formative years, but now you have more agency. You can retrain your mind, by getting better at spotting how it was indoctrinated in the first place. Your feelings have a past but don't necessarily have to be the future.