

3 STEPS FOR HEALING FROM SELF-CRITICAL INNER DIALOGUE

Imagine you locking arms with yourself...see two “yous” side-by-side, arm-in-arm. This is the reality: everywhere you go, there you are. You take you with you everywhere that you go. Are you journeying along with a kind friend and supportive ally? Or with a harsh critic and pessimist?

Below is a simple but powerful 3-step process for making amends with ourselves, after we have been harsh or critical.

Let’s commit from here forward to be a supportive, and kind ally for ourselves.

*The first step is to **apologize**:*

[insert your first name], I am sorry for the ways I’ve treated you. I am sorry for judging you. I am sorry for the ways I’ve spoken to you harshly and with disrespect. I’m sorry for...

*The second step is to **forgive**:*

You respond to your own apology by saying, In the name of Jesus, I forgive myself for judging me, for criticizing me. In the Name of Jesus, I forgive myself for not listening to my needs or caring properly for the temple of my body. In the Name of Jesus, I forgive myself for...

*The third step is to **repent**:*

Jesus, I am sorry for the ways I have mistreated myself. Jesus, I am sorry for the ways I have spoken harshly and unkindly to myself.

Notes