

## **Parts that can sometimes be Inner Critics**

### **Perfectionist**

- Tries to get you to do things perfectly.
- It sets high standards in the things you produce, and has difficulty saying something is complete and letting it go out into the world to represent your best work.
- It is trying to make sure that you fit in and that you will not be judged or rejected.
- Its expectations probably reflect those of people who have been important to you in the past.
- Usually is polarized with the avoider. "If I can't do it perfectly, I might as well not do it at all."

### **Guilt-Tripper**

- Is stuck in the past, unable to forgive us for wrongs we have done or people we have hurt.
- Is concerned about relationships and holds us to standards of behavior prescribed by our community, culture, and family.
- Tries to protect us from repeating past mistakes by making sure that we never forget or feel free.
- Survivors guilt- guilt over things that haven't happened to us.
- Usually it is polarized with the impulsive/spontaneous parts.

### **Underminer/ Minimizer**

- Tries to undermine your self-confidence and self esteem so that you won't take risks.
- It makes direct attacks on your self worth so that you will stay small and not take chances where you could be hurt or rejected.
- They are afraid of your being too big or too visible and not being able to tolerate judgment or failure.
- Usually is polarized with risk taker.

### **Destroyer**

- Makes pervasive attacks on your fundamental self worth.
- It shames you and makes you feel basically flawed and not entitled to basic understanding or respect.
- Most debilitating and critical. Comes from early life deprivation or trauma.
- Motivated by a belief that it is safer not to exist.
- Most primitive one.
- May have beliefs about entitlement.
- Usually polarized with aliveness/resilience.
- Usually polarized with most all parts because all the parts hate it so much.

## **Molder**

- Tries to get you to fit into a certain mold based on standards held by society, your culture, or your family.
- It wants you to be liked and admired and to protect you from being abandoned, shamed, or rejected.
- The molder fears the rebel, or the free spirit in you that would act in ways that are unacceptable. So it can keep you from being in touch with your true nature.
- social norms- polarized with non-conformist/rebel or unconventional part, socially expected home decor

## **Tasker/ Doer/ Achiever/ Striver**

- Wants you to work hard and be successful.
- It fears that you may be mediocre or lazy and will be judged a failure if it does not push you to keep going.
- Its pushing often activates a procrastinator or a rebel that pushes against its harsh directing.
- Usually polarized with procrastinator or rebel.
- Easily blended with. Ex. "I like it."
- Can function as a fire fighter creating activity to distract and keep you busy.
- Often protects fears of disappearing or not existing.

## **Controller**

- Usually polarized with fire fighters, eating (indulger).
- Wants to control people & situations and does so in a variety of ways.

## **Agenda**

- Goal focused.
- Doesn't know how to get there though.
- Criticizes any behavior not related to the goal.
- Addicted or attached to a particular outcome or solution.

## **Some possible Healthy Roles for "Critics"**

1. Constructive Critic: self-led feedback
2. Prioritizer: self-led tasker
3. Cheerleader
4. Reminder
5. Preparer
6. Boundary Setter
7. Grounder: keeps us connected to reality
8. Humbler: keeps us honest and humble

**Note:** This is just a guideline. Some find that they have more critics than what is listed here and others find that the critics listed are not critics inside of them. What differentiates a part from a critical part is the energy that it carries showing up in a harsh tone and words. "Mild" critics are experienced more subtly usually making it difficult for Self to see it as critical.