



Embracing Your Inner Critic: Turning Self-Criticism into a Creative Asset

Hal Stone, Sidra L. Stone

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Hal and Sidra Stone are the creators of "Voice Dialogue" process, a therapy that transforms the inner critic from crippling adversary to productive ally. The inner critic. It whispers, whines, and needles us into place. It checks our thoughts, controls our behavior, and inhibits action. It thinks it is protecting us from being disliked, hurt, or abandoned. Instead, the critical inner voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol abuse.

Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize "critic attacks," and, most important, how the inner critic can become an intelligent, perceptive, and supportive partner in life.

Embracing Your Inner Critic: Turning Self-Criticism into a Creative Asset Details

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From Reader Review Embracing Your Inner Critic: Turning Self-Criticism into a Creative Asset for online ebook

Vincent says

Although at times it was a struggle to get through some parts which didn't particularly resonate with me. It contains some very useful elements and contributed to my awareness on my inner workings. I read the Dutch version and would like to read the English version at some time.

Charlene Smith says

Okay, nothing I hadn't read before, or did not personally know. A little glib.

Kevin says

Wonderful read, very insightful and rich with insight, counsel, and practical advise on negotiating with, understanding, working with, and ultimately transcending the Inner Critic.

One thing that particularly stood out for me was all the discussion about primary and romantic relationships were heterosexual. I'm not certain if this is a reflection of the authors' limited, heteronormative perspective or if it is that the authors are heterosexist. It would be good to have added dimension of how relationship dynamics in relation to the inner critic manifest from a gay and lesbian perspective as well.

crystAlex says

The book is quite good, and as always contains very interesting insights by Hal & Sidra to be used every day, but to me, it is too redundant next to 'Embracing our Selves'.

On its own, this book could, I think, be contained in half the pages (sometimes, the same 3 or 4 sentences are repeated twice on a page... surprised that passed the editing stage!). If you take out the EOS redundancies, you're left with one or two extremely interesting chapters, that would've been better added to that book.

Only my opinion of course, and perhaps my expectations were too high after reading Embracing our Selves. Still an interesting read, and good thing to recap whatever you learned in previous Stone books...

Chaz says

An amazing book that I'm shocked hasn't gotten more awareness. I'd recommend to anyone. Matter of fact I've already recommended it to multiple friends and colleagues.

Neel Mullick says

One of the most influential books I've ever read – for anyone trying to break free from patterns of their past while the past is exactly what might be holding them back.

Valerie says

insightful , thoughtful , and readable! (not-too psychyo-babble or pedantic) A book to discover what may be holding you back. Good examples with case histories. The authors bring their rich experience as therapists and sincere compassion to their writing. I discovered a lot about my self in reading this.

Brian says

The idea of talking with ones inner voices isn't new to me, but this book has an approach I wasn't familiar with. It's bearing fruit. It could have used better editing, though.

Kathy Davie says

This was very eye-opening. Made me much more aware of how we (I !) create so many of my own problems. Very insightful.

Nebula says

Super citatelná knižka. Keď som čítala pasáže, ako človek ktorého v nejakom momente zoziera vnútorný kritik v ostatných ludoch vzbudzuje vonkajších súdcov trochu sa mi ulávilo. Pretože sa mi to stava občas a nechápala som. Prečo mi všetci este nakladajú keď sa čítam mizerne. Pri čítaní som mala pocit že vidím napísané a formulované veci ktoré poznám. Tie ktoré sa mi už tak nestavajú, tie ktoré ano a potesilo ma že poznám aj kritiku transformovaného na dobreho rodiča. Veľmi zrozumiteľne použíte príklady ktoré ilustrujú jednotlivé fázy procesu alebo situácie s involvovaným vnútorným kritikom.

Jmp says

Last chapter was very good - - Transforming the Inner Critic. Dialog, Journal, Parenting, Honoring. Understanding that the voice is from fear -- fear of shame, danger, the unknown.

Kathryn says

This was a great book for me while I work on my CPE journey. It may seem hokey at times, but beginning to understand and get to know the voices in your head can go a long way in personal growth.

Margot Note says

De'Londa from the Wire is my Inner Critic personified.

"Most of us are not even aware that it is a voice or a self speaking inside of us because its constant judgments have been with us since early childhood and its running critical commentary feels like a natural part of ourselves"(4).

"The Inner Critic's original function is to spare us shame and pain" (7).

"Parents need to succeed in making you a proper person--whatever that means to them--in order to feel good about themselves. Underneath all this is their own insecurity and their own fear of failure as parents" (8).

"It is not just the words that matter when the Inner Critic speaks. It is the quality of energy behind those words" (35).

"The sense of authority, purpose, and meaning that we lack in our own lives is often carried by the Inner Critic" (37).

"The stronger the Inner Critic, the stronger the judgmental voices that have been around the person in the growing-up process. The stronger the judgmental voices around us in the growing-up process, the stronger will be the Inner Critic" (41).

"Women's Inner Critics are almost always more powerful and more persistent than men's. Historically, this difference seems to be the product of thousands of years of patriarchal thinking" (94).

"Your Inner Critic is so terrified at the thought of the judgment of others that it never considers that, indeed, they may have none" (139).

Barbara Whittaker says

An amazing must read for anybody wanting to lead a self-aware life. Turn off the continual torment and open yourself up to some peace and happiness!

Bucket says

Self help books are more often than not obfuscated by the very overly specialized language they are using to

try to promote clarity, and this one is no different. But if you can get past the dizzying rollercoaster of judges, critics, primary selves, and disowned selves (whaaaa?), there's a solid core to be had here. I had to take their ideas and translate them into a language that was more intuitive to me, but once I did I got a lot from their theories. Pretty much recommended.
