



Conscious Dating
Tele-Seminar Series Transcript

Conscious Dating:
Managing Your Inner Critic

With Frankie Doiron and David Steele,

Frankie: Hello! Welcome and thank you for joining our monthly Conscious Dating Tele-seminar. This seminar series is designed to help you find the love of your life and the life that you love. Please mark your calendar and be sure to join us on the first Thursday of each month for outstanding one-of-kind programs you won't want to miss.

Our topic tonight is: **Conscious Dating: Managing the Internal Conversation between Inner Critic and Inner Voice**

If you do not have the outline of tonight's call, it is available in PDF format. You can go to: <http://www.consciousdating.com/critic.htm> and print off a copy. The outline will make it easier to follow along and takes notes.

I'm Frankie Doiron, the President of Relationship Coaching Network. My co-presenter is David Steele, who is the founder of Relationship Coaching Institute and the author of ***Conscious Dating: Finding the Love of Your Life in Today's World***. Our mission is to do everything in our power to help you find your life partner. We are absolutely serious about our commitment to helping you have fulfilling relationships, and we're excited you're here with us this evening.

In tonight's program we'll discuss internal dialogue - this is the real-time conversation you have with yourself about everything that's happening in your life and the world around you. It can be positive and encouraging, or negative and sabotaging.

Have you ever wondered why your inner dialogue is sometimes supportive, and at other times disruptive and upsetting?

The truth is, the thoughts you have that form these inner conversations come from two distinct sources: One - your "Inner Voice" - provides unerring guidance to help keep you on track with your goals and dreams, while the other - your "Inner Critic" - presents obstacles and limiting beliefs that will keep you from those dreams.

Unfortunately for most people, the Inner Critic's strong, negative voice is often so overpowering, it prevents them from taking action and achieving their goals.

This Tele-Seminar will reveal how you can take control of your internal conversations and create the life you want.

In tonight's program you will learn:

- The origins and workings of the Inner Critic and the Inner Voice;
- Why one will never lie to you, while the other will always mislead you;
- How you can easily identify which one is in charge of the conversation;
- Why habitual behavior is a key to retraining the Inner Critic, eliminating your limiting beliefs and accelerating the Law of Attraction;
- The 5 step process for controlling your internal conversations and your life.

First, I'd like to clarify that I believe we have 2 distinct voices that communicate with us. Many people think it is one voice, from one source, so you will often hear people use the term inner critic or inner voice, as though they are interchangeable. They are not.

The Inner Critic is the voice within that criticizes us and causes emotional distress. The anguish caused by the Inner Critic is always a basic factor in low self-esteem and is often a major impediment to any growth or change. It speaks with overwhelming authority about things that are based on a limiting belief. It's voice is critical, judgemental and negative, and always makes you feel bad. It is responsible for a great many of the difficulties commonly experienced in relationships.

The Inner Critic is the voice of the subconscious mind, which is the seat of all learned behaviours, attitudes, beliefs, memories, interpretations and experiences. It is a powerful processor that works 24/7 and controls the beliefs that dictate how we live our lives. All of us have conscious and unconscious memories of all the times we felt bad or wrong – they are part of the unavoidable scars of childhood. This is where the inner critical voice gets started.

The Inner Critic's original function is to protect us from the pain and the shame of being found "less than" we should be, as developing individuals. Its job is to police our behaviours so that we fit into our cultural environment.

The Critic's voice that develops within us as children echoes the concerns and opinions of our parents, our schools, church, or other people who are important to us. This process forms and supports our primary selves, and determines who we are in the world.

For instance, if our primary self is a Responsible Parent, the Inner Critic will criticize any thoughts or actions that do not conform to it's idea of a responsible parent, such as selfishness, self-indulgence, frivolity or irresponsibility. Imagine the guilt this responsible parent would feel if she considered getting away from the kids and her hubby for a spa weekend. The Inner Critic would likely raise concerns about how inappropriate, indulgent and selfish, not to mention financially irresponsible this would be. And probably toss in "You are not a good mother!"

As we leave childhood, this Inner Critic continues its attempts to protect us and make us acceptable to others, but unfortunately, it often does not know when to stop. It takes control and begins to undermine us and to do real damage. At this point, its original intent gets lost.

The limiting beliefs that are buried in the subconscious mind and voiced by the Inner Critic are generally not in alignment with what we want at a conscious level. Because of the processing power of the subconscious mind, and because it is always "on", it can be very difficult to overcome our limiting beliefs.

David:

Let's give an example: One of your goals is to have a loving relationship. You discover that you have a limiting belief - that you don't deserve to be loved. Until you begin to understand and alter your beliefs about your self-worth, it will be almost impossible to achieve the success you desire, because every time you start to develop a relationship, your subconscious will try to sabotage it. You will agonize over decisions, you will doubt your choices, and your behaviours and actions will not be in alignment with someone who deserves to have a wonderful relationship. Ultimately, no matter how much you consciously want the relationship of your dreams, you will undermine your chances of having it.

Frankie:

The **Inner Voice**, on the other hand, is that quiet, confident voice that comes from deep within us, whose job it is to provide us with guidance. Some people call it intuition or instinct, while others call it our inner or spiritual guidance system.

Whatever you want to call it, most people recognize their Inner Voice. It usually speaks softly, and is unerringly right. Remember, your intuition is never wrong, although your interpretation of it may sometimes be incorrect.

And, it is usually the voice you sometimes don't listen to, when you know you should. How often have you said "I wish I had listened to my instincts". Its message is never wrong or misleading.

The Inner Voice will help keep you on track with your goals and life vision, because it is in complete alignment with what you want. When your intuition calls to you, trust it. The more you pay attention to your intuition, the easier it will be to hear it.

Although the Inner voice is mostly soft spoken, it will present itself as a loud, insistent voice at times when you are in danger. That is usually when we listen without question, because there is no time to consider options and we instinctively know we need to trust this voice and act immediately.

We need to pay attention to these two voices and understand their unique messages, because they can both provide us with extremely valuable information about what is going on in our lives and help us create the life we truly desire.

David:

Last month we talked about the importance of your Life Vision and why prioritizing yourself is the key to realizing that vision.

When you are clear about your Life Vision and goals, it is like having a roadmap for how you want to live your life, and what you want to achieve. This roadmap is a necessary tool to help keep you on target with your objectives.

Having a clearly defined Life Vision can also help you determine whether your internal conversation is being led by your inner critic or inner voice.

If you begin to feel distressed, discouraged or unhappy as a result of an internal conversation, be assured that it is the Inner Critic speaking.

If you feel happy, confident and encouraged to stay on your path, and have thoughts about taking positive action, you are definitely listening to your Inner Voice.

Here are a few quick steps to help you determine which voice has the floor:

1. Check in with your heart.

We are taught to be logical and "use our heads". When you only use your head, your experience of yourself and the world is limited. You miss out on the vital information the rest of your body, heart and soul is giving you.

Pay attention to your emotional reaction that comes from the heart. Does it feel right? You should get a resounding yes or no!

2. Connect with your body.

Your body gives you a tremendous amount of useful information that you may not be conscious of. For example, when your mother visits, does your stomach tie up in knots? When you feel passionate and alive, does your chest feel warm and open? When we ignore the body's message, we lose out on valuable information designed to let us what works for us and what doesn't.

Your limiting beliefs, as Frankie mentioned earlier are derived from learned behaviours, memories and attitudes that are seated in the subconscious. For the most part you may not be aware of these limiting beliefs on a conscious level. In fact they are often in direct opposition to what you consciously want. These beliefs will sabotage your attempts to connect to your life vision and achieve the life you want, so it is crucial that you reveal and eliminate them.

Last month we suggested some exercises to help you eliminate these beliefs, but you can also get clues from your Inner Critic. Just pay attention and become aware of the messages that you are receiving, because they will reveal so much. But the key is awareness. You need to start to pay attention to your internal dialogues so you can decipher them.

Some ways to help you spot a limiting belief:

- You tell yourself that you only have one or two choices in a situation, or "no choice" at all.
- A decision may appear to be black and white to you, or an either/or situation.
- You have decided that "this is the way the world is" and you have no control
- You make a decision based on fear – fear of failure, fear of rejection
- You feel constricted and notice that you lack clarity about a specific situation. In fact, confusion and waffling about taking action or making a decision, are clear signs that you are dealing with your Inner Critic.

When important questions like "What do I want?" or "What's the right choice for me to make?" surface in your mind, consult your inner voice. You possess the answers you need to live a life that feels successful and fulfilling. Listening to your inner voice can lead you on a path that feels deeply satisfying. All you need to do is ask. Try it – it works.

Frankie:

Before we talk about how we retrain the subconscious mind to eliminate the limiting beliefs and quiet the negative voice of the Inner Critic, I think it is important to understand the difference between the conscious and the subconscious minds.

Let's look at the key traits of each:

Subconscious Mind

- Processes 4 billion bits of information per second
- Doesn't "rationalize" (data in, data out)

- Functions 24/7
- Seat of all memories, emotions, fears, behaviors, automatic responses, defenses and biases
- Directly influences who you are and what you become through this accumulation of perceptions, programming and conditioning
- Includes imagination/creativity function and long-term memory
- Controls up to 99% of cognitive activity
- Regulates all physiological repetitive activity including circulation, breathing, digestion, etc.
- Accepts facts to be true based on ONLY one of two criteria:
 - it is a thought handed down by the conscious mind, or
 - it exists in the subconscious mind's current database of experiences/knowledge

Conscious Mind

- Processes 2000 bits of information per second
- Is fully reasoning
- Is present when you are consciously aware of and paying attention to something
- Makes one decision at a time and is restricted in that it can only pay attention to a limited number of things at one time
- Is the seat of cognizant recognition of images, thoughts, impressions, sounds, etc.
- Can control the subconscious: when it holds onto a thought, the subconscious mind accepts it as an instruction or "truth" and proceeds to follow through on that instruction

In summary, the subconscious:

- thinks in present time only (not in future or past tense)
- thinks literally
- can be given tasks by the conscious mind
- visualizes – sees images
- always working/ handles thousands of processes at a time
- records everything it sees or hears

What does this mean?

It means that if you know how to communicate with the subconscious mind you can :

- can change the way it thinks by substituting negative thoughts with positive thoughts and by visualizing what you want. The more habitual the process, the faster the retraining
- You need to format those thoughts in the present tense, because the **now** is it's only term of reference. When you think **I will be** in a happy relationship, it takes that literally, to mean at some future point you **will be**. You need to think in the present tense- **I am or I have or I do** .
- harness its processing power 24/7 to send out the positive thoughts you want, thereby accelerating the Law of Attraction and bringing what you want into your life much faster

The good news is that retraining the subconscious to support your conscious goals is a process anyone can apply. The key to success is being habitual about applying the steps.

New findings show that the brain's circuitry is wired as the individual develops and can be *rewired* by the conscious thought of the individual. In other words, we can change our own patterns of thought and behavior by our own self-directed will. The evidence of this is observable in physical changes in the neural pathways of the brain. These new circuits can become fixed and replace previous pathways.

David:

We can rewire our thinking by following 5 steps:

1. Become Aware of Your Limiting Beliefs

Pay attention to the internal dialogue. Decipher their meaning and identify your limiting beliefs.

Write them down.

For example, you may have a limiting belief that says "I lack confidence when meeting new people because I am afraid they will reject me."

Then rework the limiting belief by changing it into something positive. "I am confident and enjoy meeting new people."

2. Catch and Cancel the Limiting Belief

Be aware each time the Inner Critic speaks.

Cancel the negative thought, by simply saying "No, that is not true!"

3. State the New Belief

State the new truth – one that is in alignment with your life vision and goals. "I am confident and enjoy meeting new people." Use the present tense only – remember the subconscious only thinks in present tense.

4. Repeat the Process

Repeat this process as often as required. In week one, you may need to catch and cancel the limiting belief 50 times. By week 2 it might be 30 times and by week 4, only 10 times.

5. Set Aside Time for Affirmations

Creating new neural pathways that will help you stay in a positive frame of mind require habitual behaviour.

Set aside the same time every day to affirm your vision and goals. I suggest in the morning when you have just woken up and before you get out of bed, and each evening before you fall asleep. Make this a regular, daily practice and you will accelerate the process of eliminating the limiting beliefs and silence the voice of the inner critic.

The added benefit of focusing on your goals is that you attract what you think about. The more you think about what you do want versus what you don't want, the faster the Law of Attraction will work for you.

Frankie:

Join us next month on October 4th for our next free Conscious Dating Tele-seminar where our topic will be **Practical Tips for the First Three Dates**.

If you didn't get the study guide for tonight's program, you can download it at **www.consciousdatingseminar.com**

Thanks for joining us and goodnight!

[End of transcript]