Disarming Your Inner Critic

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Disclaimer

This book is designed to provide general information about Anthetic Therapy methods for disarming one’s Inner Critic. In view of the complex and specific nature of psychological problems, it is not meant as a substitute for professional therapy, nor can it be used as such a substitute.

The purpose of the book is threefold. Its first purpose is to provide an introduction to Anthetic Therapy so the reader can make an informed decision as to whether to seek out a therapist who has been certified to provide this kind of therapy. Its second purpose is to serve as an adjunct to the process of Anthetic Therapy by offering detailed information about the many issues that may be encountered in learning Anthetic Inner Critic challenging. Its third purpose is to serve as an introduction for mental health professionals so they can make an informed decision as to whether to apply for professional training in Anthetic Therapy.

Warning: Clinical experience has shown that the methods described herein are powerful and effective. However the reader should be aware that the book cannot be used as a guide for doing therapy or counseling by mental health professionals who have not completed the Professional Training Program offered by Anthetics Institute. The procedures described appear deceptively simple, but they will not be effective unless they are offered by a practitioner trained and certified by Anthetics Institute and, in fact, may even make things worse because of the unconscious influence of the untrained practitioner’s Inner Critic.

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An Important Note to The Reader

Despite our care in presenting our ideas as clearly (and even redundantly) as possible, there is one way our message has been misunderstood in the past and might be misunderstood by some readers of this book.

We might be misunderstood as proposing a kind of moral anarchy.

Therefore, we want to say as forcefully as possible that this is not at all what we propose.

Instead, we propose an ethic of responsible living based on the rock-solid values of love, caring behavior, and empathic relating.

The solidity of this foundation comes from the fact that Anthetic values are based on what comes from a person’s heart, not what comes from her or his Inner Critic. Values based on the Inner Critic inevitably lead not only to dysfunctional relationships but also to most of the evils of society.

Anthetic values are mentioned throughout the book and are described in a focused way in Chapter 17.
Contents

1 A Revolutionary New Paradigm...................... 1
   ▪ How Inner Critic work can help you
   ▪ Why most therapy bypasses the Inner Critic
   ▪ Results of Anthetic Inner Critic work

2 What Is The Inner Critic?.............................. 16
   ▪ Your Inner Critic imposes shoulds and inflicts punishment if the shoulds are disobeyed
   ▪ You may think you don’t have an Inner Critic
   ▪ Everything is grist for the Inner Critic’s mill

3 Origins of The Inner Critic............................ 27
   ▪ It’s not trauma; it’s dysfunctional learning
   ▪ Prototypes: It wasn’t just your family of origin
   ▪ The Black Hole and where it came from

4 How The Inner Critic Functions.................... 41
   ▪ Imperative shoulds vs. wants
   ▪ Imperative shoulds vs. recipe shoulds
   ▪ The electric fence that supposedly protects you

5 The Five Emotional Punishments Inflicted By Your Inner Critic................................. 50
   ▪ Feelings of defectiveness, shame, guilt, inferiority, and magnified fear
   ▪ Challenging the experts about guilt and shame

6 How Your Inner Critic Creates Reactivity....... 75
   ▪ From the natural self to the devalued self
The compensatory self and its buffers
Addictions to buffers
The buffer training you get in childhood
Reactive vs. Anthetic self-esteem
The protective self as a suit of armor
Machinery, stuff, the trance, and the player piano

7 Consequences of Living by Inner Critic Shoulds........................................96

Some General Disadvantages
- Emotional pain and suffering
- Not enough pleasure
- Overreactions and mood swings
- Depression
- Living by other people’s rules
- Not knowing what you really want
- Difficulty listening to feedback and criticism
- Problems with drugs or alcohol
- Insomnia
- Stress
- Idealization of other people
- Living by shoulds doesn’t work
- Having to hide your natural self

Relationship Problems
- Addiction to love
- Self-pretzelization to gain approval
- Difficulty with assertiveness
- Vulnerability to pressure from others
- Self-centeredness
- Feeling suffocated in a relationship
- Inability to really connect with others
- Judgmentalism, anger, and a drive for revenge
- Nervousness and tension in relationships
- Feeling unequal to others in personal power
■ Feeling as though you don’t belong
■ Making the wrong choice of a life partner
■ Sexual problems
■ Difficulty handling other people’s feelings
■ Problems with jealousy
■ Inability to express love to others

**Problems that Block Your Effectiveness**
■ Low energy
■ Difficulties in reaching your goals
■ Fear of taking risks
■ Fear of success
■ Stage fright, test anxiety
■ Procrastination
■ Feeling like an impostor even when you do succeed
■ Difficulty in making decisions
■ Perfectionism
■ Difficulties with learning
■ Difficulty in following orders or directions
■ Blocked creativity
■ Vocational problems

**Problems that Block Your Growth**
■ Being out of touch with your feelings
■ Reluctance to begin counseling or therapy
■ A tendency to blame others for your problems
■ Belief that your problems are due to terminal traits
■ Attempting to polish and improve your reactive self

**8 Clues to Inner Critic Functioning...............121**

**Ego-Dystonic Clues**
■ Self-condemnatory statements
■ Emotional twinges
■ Feelings of discomfort
■ Obvious Inner Critic language
■ “Should” language
More complex Inner Critic language
“Why” attacks
“Who” attacks
Issues about being wrong
Anger at yourself
Self-discounts
Self-critical body language
Victim feelings and beliefs
Responsibility language
Confusion and indecisiveness
“Buts”
Feeling worried or anxious
Inability to forgive yourself

Ego-Syntonic Clues
“Lowering yourself” issues
Pride issues
Judgmentalism
Feeling put off
Feeling hurt or betrayed
Anger
Reluctance
Dislikes, aversions, and “I hate” statements
Dislike of being labelled
Compulsion to explain, justify, or defend yourself
Feeling taken advantage of

9 Challenging Methods:
Making Releasing Statements..........................131
General principles of making releasing statements
The “What You Call” technique
The “YASNY” technique
The “Good Person” technique
Making releasing extensions
More releasing statements
Overcoming fear and anxiety
Don’t use your buffers to challenge
Anthetic master affirmations
How to tell if challenging is working

10 Eleven More Challenging Methods.................149
- The de-fusing method
- De-fusing conceptual fusions
- Adding the JB challenge to your releasing statements
- De-fusing the T-self from a buffer
- Disengaging the present from the past
- Challenging negative comparisons
- Challenging perfectionistic demands
- Declaring your importance
- Resisting pressure from others
- Reducing your concern about what people might think
- Challenging responsibility commands
- Challenging guilt feelings about the present
- Challenging guilt feelings about the past
- Challenging negative predictions
- Overcoming worry

11 Putting It All Together: Some Examples........160
- Overcoming depression
- Overcoming writers’ problems
- Overcoming fear of success
- Overcoming aphilia (the inability to be loving)

12 Suggestions for Making Your Challenging More Effective.................................173
- How to think about your Inner Critic
- How to think about the disarming process
- Dehypnotizing the devalued self
- The process of challenging
- Why challenging must come first
Prerequisites for successful challenging
Values necessary for successful challenging
Values you will have to give up
You must be willing to create new values
Anthetic practice in everyday life

13 Strategies That Don’t Always Work.............186
- Forgiving yourself
- Converting the should into a preference
- Giving yourself permission
- Experiential disconfirmation
- Thought stopping
- Replacing negative thoughts with positive affirmations

14 How to challenge your Inner Critic’s Propaganda Messages............................... 201
- 16 propaganda messages your Inner Critic uses to keep you enslaved; how to challenge them

15 Overcoming the Problems and Pitfalls of Challenging....................................... 214
- New shoulds your Inner Critic will think up
- Inner Critic backlash
- How to do troubleshooting
- The need for feedback
- Problems of Catch-22
- Pseudochallenging
- Problems doing critical thinking
- Theoretical positions that interfere with learning to challenge
- More statements that indicate problems in challenging

16 Overcoming Fears that May Block You From Effective Challenging...................... 242
Fear of becoming an uncaring person
Fear of freedom
Fear of being overwhelmed by emerging feelings
Fear of self-image disconfirmation
Fear of confronting your Inner Critic
Fear of loss of a self-part
Fear of sadness
Fear of happiness
Fear of loss of identity
Fear of making mistakes if you become yourself
Fear of what other people will think
Fear of God’s retaliation
Fear of becoming a lazy bum
Fear of giving up all standards
Fear of growing up
Fear of hurting other people’s feelings
Fear of losing relationships
It may feel uncomfortable at first
Your growing edges

17 Toward A New Foundation for Morality....... 256
Discovery #1: Judgmentalism, Anger, Vengeance
Discovery #2: Anthetic Love
Discovery #3: Anthetic Caring
Living a responsible life
Discovery #4: Genuine Connectedness
Discovery #5: Critical Thinking as A Prerequisite
Discovery #6: How to Reverse The Decline in Morality
Anthetics as moral training
“Ultimates” and “penultimates”
The need for moral renewal

18 Some Final Words............................................. 270