

**TRANSFORMING YOUR
HARSHEST CRITIC:
BY BENAIFER BHADHA**

**YOUNG SIKH
PROFESSIONALS
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IMPOSTOR SYNDROME

- What is impostor Syndrome?
- Coined by psychologists in 1978
- The list includes Michelle Obama, Emma Watson, Tom Hanks, Robert Pattinson
- **70%** will experience at least **one** episode in their lifetime.



“Uh-oh, they’re going to find out now. I’ve run a game on everybody.”

Maya Angelou’s confession after publishing her 11th book.



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SPEAKER



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TRANSFORMING YOUR HARSH CRITIC

26 AUGUST, 2019

*“Where would you be if you stopped letting your mind talk
over your heart?”*

Somewhere different, I bet.”

-

Listening Shapes





ME

What is the Inner Critic?

We all have an inner critic: a voice that tells us all the ways we are not good enough. It tells us we are imposters; we are not smart enough; we are not desirable enough; we do not work fast enough; we do not win often enough.

This inner critic runs constant commentary on who we are and how we interact with the world. Many of us battle that inner critic, struggling to fend off intrusive and self-judgmental thought cycles that tell us all the ways we will fail.

We learn to defer to that inner critic--and that critic prevents us from taking risks, asking for what we want, and engaging in the things that give purpose and meaning to our lives.

Shame: What your inner critic feeds from

“I define shame as the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we’ve experienced, done, or failed to do makes us unworthy of connection.

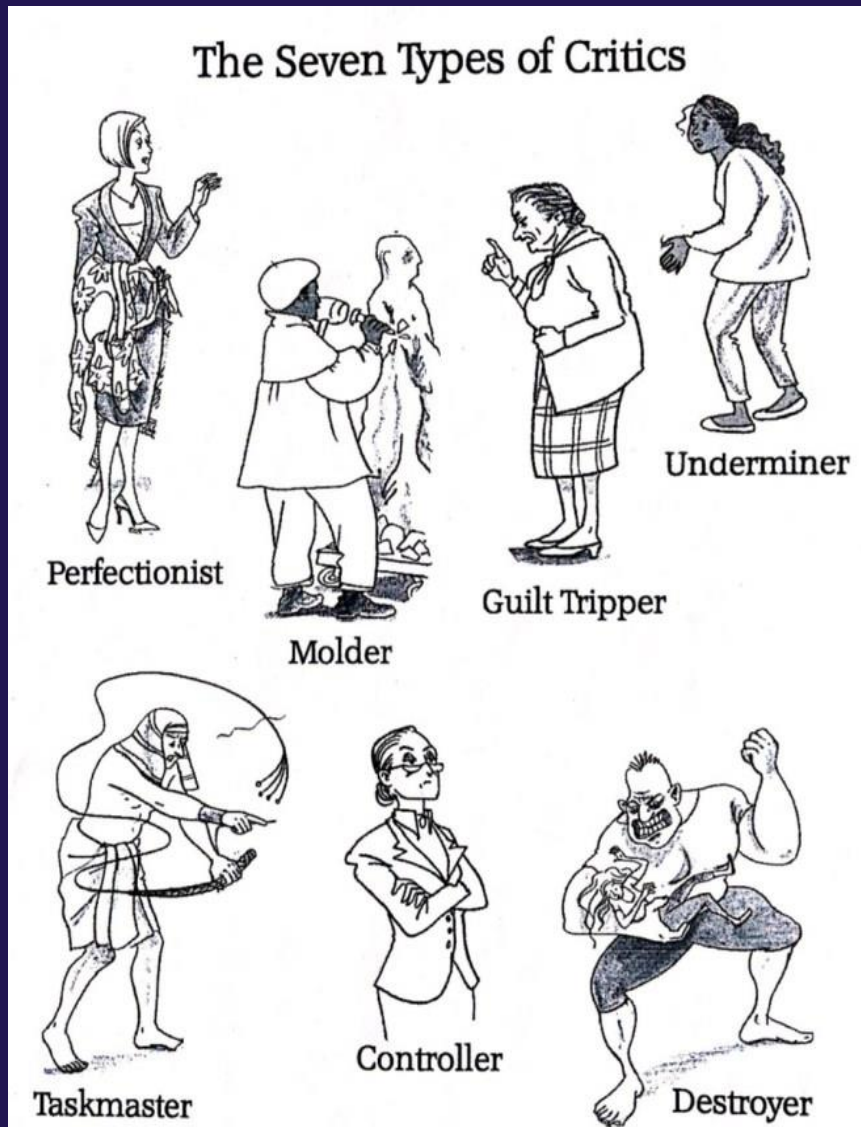
I don’t believe shame is helpful or productive. In fact, I think shame is much more likely to be the source of destructive, hurtful behavior than the solution or cure. I think the fear of disconnection can make us dangerous.”

Brené Brown, Ph.D.
Research Professor and International Speaker

My Inner Critic



The 7 Critics



The Perfectionist: Do everything perfectly!

The Inner Controller: Controls our impulsive behaviours

The Taskmaster: Work harder! Tells us we are lazy, stupid or incompetent

The Underminer: Undermines our self-confidence and self esteem so that we won't take risks that might end in failure.

The Destroyer: Attacks our fundamental self-worth. It is deeply shaming and tells us we shouldn't exist.

The Guilt Tripper: Attacks us for specific actions we took or didn't take.

The Molder: Tries to get us to fit a certain mold or act in a certain way that is based on the values of your family or society

Ending Shame

“Building shame resilience is about reaching out to others and building a connection. When we do this with people in our support systems, we often develop relationships that are built on a foundation of empathy. This is incredibly important because, based on this research, I found that the opposite of experiencing shame is experiencing empathy. When we tell our stories or share an experience with someone and they respond with empathy, most of our shame loses its power.”

Disconnection: What is the greatest disease of our time?

“It’s not cancer. It’s not heart disease. It’s isolation. It is the pronounced isolation that so many people are experiencing that is the great pathology of our lives today. How Ironic. We are the most technologically connected generation in human history – and yet more people feel more isolated than ever. The connections that matter most, and are in most short supply today, are the human-to-human ones.”

Vice Admiral Vivek H. Murthy
19th Surgeon General of the United States
2014 to 2017

Seen, Heard, Valued

The world is suffering from an epidemic of loneliness. If we cannot rebuild strong, authentic social connections, we will continue to splinter apart — in the workplace and in society. Instead of coming together to take on the great challenges before us, we will retreat to our corners, angry, sick, and alone. We must take action now to build the connections that are the foundation of strong companies and strong communities — and that ensure greater health and well-being for all of us.

Vice Admiral Vivek H. Murthy
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Values

Authenticity	Contribution	Gratitude	Learning	Relationship to Self
Achievement	Courage	Growth	Love	Respect
Adventure	Creativity	Happiness	Loyalty	Responsibility
Ambition	Curiosity	Honesty	Meaningful Work	Service
Balance	Education	Humility	Nurturing	Spirituality
Beauty	Environment	Humor	Openness	Structure
Boldness	Determination	Independence	Optimism	Success
Challenge	Fairness	Integrity	Passion	Thoughtfulness
Compassion	Family	Justice	Patience	Tradition
Communication	Faith	Kindness	Peace	Trustworthiness
Community	Forgiveness	Knowledge	Play	Wellness
Confidence	Friendship	Leadership	Relationships	Wisdom

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