

How the Critic Gets Reinforced

We have a need to do right. We all have an inner list of rules about what is right and proper, our values, morals etc. These rules regulate our behavior-control impulses and give structure to our lives. The rules create an ethical framework that helps us navigate our way through good times and bad. When these rules are violated our life becomes chaotic and our self worth suffers. The Critic helps you keep the rules by telling how bad you are when you do break a rule or are tempted to break a rule. As a result we try to do what's right.

The need to feel right. The critic can tell you, you are not worthy or bad and at the same time make you feel a greater sense of worth, but the problem is, it is a temporary fix.

1. *Self-worth.* The Critic uses 2 ways to make you feel self worth: a) by comparing you to others and b) setting unrealistic, perfectionistic standards.