



Your Inner Critic & Your Inner Muse

The Inner Critic is the critical voice in your head of negative self-talk about not being good enough. The Inner Critic often comes up when we engage in creativity, leading us to judge our efforts harshly, feel like we are not good enough, or assume failure.

The Inner Critic is often shaped by past experiences and the messages we have been told by others. Maybe you were told that you were not good at art, felt bad when compared to others in an art class, or got the message that making art is a waste of time. Maybe you have high expectations for yourself in many areas of your life and find that these thoughts come up when you make art. Maybe you even someone with a lot of artistic ability, but you still have self-critical and judgmental thoughts about your own art.

1. What are the negative thoughts or beliefs that come up when you do art or another creative activity?

2. What are some of the experiences and messages from other people that have shaped these beliefs?

3. How does the Inner Critic affect your creativity?



Your Inner Muse

Your Inner Muse is the source of creativity and confident self-expression. Getting in touch with your Inner Muse means listening to your intuition, trusting the process, allowing for mistakes, and creating freely without self-judgment. Practicing an attitude of mindfulness (nonjudgmental awareness of the present moment) and self-compassion when you approach creative activities can help you silence the Inner Critic and allow your Inner Muse to come out.

1. What have been some experiences when you felt in touch with your creativity? What was your favorite art to make as a child? What people have encouraged your creative self?

2. If you listen to your Inner Muse, what are the positive thoughts and intentions that you would like to focus on?

3. What would you do differently in your life and your creative expression if you listened to your Inner Muse instead of the Inner Critic?
