

Abstract

For as long as I can remember, I have battled with my inner critic. I didn't know where it came from or what purpose it served, it had a negative impact on my self-esteem and made me feel terrible. In my professional work, I realise the inner critic shows up frequently. I explore the inner critic, its effects, and how to calm it down using a case study methodology.

I share my personal rationale and explain why I choose the Humanistic and Relational theorists that I choose to integrate. My review of the literature focuses on ideas that underpin the growth of the inner critic, how it manifests itself, and how to deal with this negative 'voice' considering its complexity.

I close with a case study describing my work as a trainee therapist, detailing one key episode and the themes that have developed thus far during our therapeutic journey.

151