The 13 Inner Critic Archetypes

From the transformational inner-critic methods by Christine Arylo and Amy Ahlers.

Note: Included below are short descriptions + one de-activator tool.

1. Achievement Junkie

Meet the pushy relentless force who drives you hard to get to a goal you will never reach because the finish line just keeps moving. Their job is to keep you addicted to *pursuing* goals, by fooling you into believing that there is a magical destination that will indicate you have finally arrived, where you can rest, stop working so hard and be enough. Their Big Fat Lies include: "When you get the job/relationship/accolade/title/money, then you'll be happy," "There isn't time to celebrate or rest," and "You are not moving fast enough." They make you exhaust yourself and rob you of receiving the success and happiness of all your hard work.

Deactivator Tool: Acknowledge yourself*. Stop, drop & celebrate by naming three things you have accomplished already today or this year...no matter how small!*

2. Comparison Maker

Meet your inner judge who assesses the success of your life by comparing you to other people or to where they think you should be, or used to be – which in their eyes is never enough. Their favorite Big Fat Lies include: "You should be further along," "So-and-so is way better than you or is so much farther ahead!," "You just aren't as pretty/young/thin/desirable as you used to be." They make you feel like an inadequate failure, or like you are falling behind and not measuring up.

Deactivator Tool: Transform comparison into inspiration. *Ask yourself, "What about this person inspires me?" And then tell that person they inspired you. Let their self-expression inspire you into inspired action for yourself.*

3. Doing Addict

Meet your inner Energizer bunny gone mad, your inner taskmaster and slave driver who makes sure you are always busy doing something. They made it their job to make sure you don't rest, relax, or play until your work is done or the to-do list is checked off (which it never is). Their Big Fat Lies include: "You are a slacker. Stop being lazy!," "You can't play or rest until all your work is done," and "You have so much to do!" They make your mind run constantly with all the to do's, making you stressed out, frenzied, always reacting to the outside world's demands.

Deactivator Tool: Take a daily pause. *Set a soothing alarm on your phone to stop once per day this week. When the sound goes off, pause, put your hand on your heart and take 3 deep breaths. Ahh rest feels good.*

4. Drama Lover

Meet the turmoil creator who thrives on chaos and loves to keep your life in a state of drama, which they view as excitement. Their job is to keep you from having to deal with your true emotions by whipping up all consuming drama in your life or feeding off gossip and other people's drama. They tell you Big Fat Lies that normalize your daily state of drama and bad habits like gossip. They make you use all your energy on the drama happening so that you don't focus on what's really going on for you.

De-Activator Tool: Turn your focus inside and get truthful. *Have a self-honesty moment and ask yourself, "What am I avoiding feeling or dealing with - inside of myself and my life?"*

Copyright 2015 Christine Arylo www.ReformYourInnerMeanGirl.com

5. Fixer and Rescuer

Meet the inner helper who loves to focus on what is wrong with everyone else and then gets you to spend all your energy and time helping others. They convince you that what you are doing is the right thing, the noble thing, the only choice you could make. It's your duty to help. Right?! Their Big Fat Lies include: "They need you," and "You are the only one that can help." They make you sacrifice yourself in the name of helping others.

Deactivator Tool: Practice a radical act of self-care. *Ask yourself, "What do I need today?" and do that, just for you!*

6. Pleaser

Meet your inner people pleaser who is desperately afraid that no one will like them or love them if they don't do what people expect of them or if they don't give to others before they take care of themself. Their job is to make sure you stay in line with these rules of how a good person behaves, so everything will be okay. Their Big Fat Lies include**:** "If you say no, people won't like you," "You have to take care of your kids/parents/friends before you take care of yourself, or people will think you are selfish," and "You can't say that out loud!" They make you give more time, money and energy than you have to give, and they stifle your true feelings and emotions.

Deactivator Tool: Say "NO!". *Respond "No, thank you" or "No, I can't" to at least one request today and notice how the world didn't fall apart!*

7. Head Tripper

Meet the rational, practical skeptic, whose job it is to discount your intuition and anything that feels too "touchy-feely" or "woo-woo." They pride themself on your ability to not cry, to be unshakable, and to keep your emotions under wraps. They hold you back with Big Fat Lies like: "Be realistic, that will never work," and "Don't be so emotional." They make you feel weak for having emotions and they make you give up on your dreams because they aren't "realistic."

Deactivator Tool: Get out of your head & tune into your body. *Put your hand on your heart, close your eyes, take three deep breaths and notice how your body feels. Say out loud, "My body feels… My body is telling me …"*

8. Invincible Superhuman

Meet the Invincible Superhuman who puts the weight of the world on your shoulders and doesn't let you set it down, no matter how heavy it gets—because they think you should be able to handle it. Their job is to keep you feeling and looking strong, never showing any weakness. They tell you Big Fat Lies like**:** "You can handle this, just keep pushing through." "There is no one who can support you," and "Never let them see you sweat." They make you do everything on your own, and take on way more responsibility than is yours to take on.

Deactivator Tool: Delegate with joy. *Give at least one task to someone else, release control and celebrate the space you just created for yourself!*

9. Martyr

Meet your inner spiritual guru, starving artist or super activist who has made it their job to use your spirituality, creativity, or social mission to pretend you don't need things on the physical plane – including money, recognition and success. They make you feel better about your life with Big Fat Lies like: "I am a spiritual person, so that doesn't matter to me," or "I am an artist so I have to suffer for my art" or "My mission is more important than my needs." They keep you suffering for your cause, your art, or your spiritual pursuit, as a way to prove you worthy or better than others.

Copyright 2015 Christine Arylo www.ReformYourInnerMeanGirl.com

Deactivator Tool: Collect evidence of wealthy people doing good*. Do a search for people in your field (art, cause, social movement, spiritual community) that have both abundance and creativity and use them to inspire you and your mission.*

10. Permissive Optimist

Meet the life of the party, the one with a smile always on their face, the one who tells you that everything will work out for you, even if you are about to dive headfirst into a self-sabotaging choice. Their job is to make you feel good and happy in the moment, consequences be damned – it's all about instant gratification. They use Big Fat Lies like: "Just put it on the credit card. You can pay it off later," "You deserve this. You've been working so hard!," or "You can deal with that tomorrow," cajoling you into making choices you later regret.

Deactivator Tool: Feel. *Instead of trying to escape your feelings or hard truth, stop, sit down, and ask yourself, "What feeling am I trying to avoid?" Let yourself have the feeling and watch possibilities open up.*

11. Perfectionist

Meet the highly critical and often harsh, picky, or sharp critical authority figure whose job is to point out everything you're doing wrong or that doesn't measure up to their perfectionist standards. Their Big Fat Lies include: "You must do it perfectly," "It's doesn't count if it's not perfect," or "It's not ready to put into the world because it's not perfect yet." They make you procrastinate, give more energy and time to a project than is necessary, and they make you obsess over the smallest details that don't matter.

Deactivator Tool: Instead of going for the A+ on a lower priority project (like dishes or an email to your best friend), go for the B-! *Ask yourself, "What would good enough look like?" or "What would an average person do?" and just do that.*

12. Rejector Protector

Meet the one who is deathly afraid of being rejected, unloved and alone. Their job is to convince you that you are unlovable, doomed to be alone, and that people don't really want you around, and to show you just how unsafe it is to let people in (they are great at choosing unhealthy relationships for you). Their Big Fat Lies include: "You'll be single forever, "You are damaged goods," and "See, you have to protect yourself from others." They make you feel lonely and left out, like you don't belong, and like it's just safer to be on your own.

Deactivator Tool: Collect evidence of how lovable you are. *Write an "I Love Me" list of the 5 things you most love about yourself.*

13. Worrywart

Meet the professional worrier and worst-case scenario runner, who loves to fill your mind and body with all the bad things that could happen. Their job is to keep you living in a heightened state of fear and anxiety, using Big Fat Lies like: "If you aren't worrying or on alert, something bad will happen," "The other shoe is going to drop," "I could lose my job/relationship/home at any moment." They make you feel unsafe, unsure and uncertain, making your mind make up crazy thoughts and making you over anxious, upset or scared.

Deactivator Tool: Remember the worst-case scenario hardly ever happens. *Tell yourself that the odds are in your favor that what you worry about will rarely, if ever, come true. Focus on what you're grateful for right now & feel your Worry Wart anxiety fade.*

Copyright 2015 Christine Arylo www.ReformYourInnerMeanGirl.com

The methodology for this inner critic quiz, which is gender neutral, is based on the research and the Reform Your Inner Mean Girl book. For a full expose of each archetypes including

- **Full written description**
- **Top weapons**
- **Toxic habits**
- **Big Fat Lies**

Refer to chapter 1 in the Reform Your Inner Mean Girl book: Reveal Your Type of Inner Mean Girl
www.ReformYourInnerMeanGirl.com

Here's How to Work with Your Results + Go Deeper

Inspired Next Steps

1. Read through your report and identify your top 1-3 Inner Critic Archetypes.
2. Consider where they show up in your life the most currently.
3. Get curious about what motivates them and what the job they've given themselves might be.
4. Start to notice how and when they show up and drive your thoughts, emotions and actions.
5. Use the De-Activator Tools we suggest in the moments your Inner Critic Flares Up.
6. Tune into Your Inner Wisdom to guide you in what this is telling you about what you need to be supported.
7. Go Deeper and learn more about how these two forces work within you and how you can create lasting shift in your life by getting the Reform Your Inner Mean Girl Book: www.ReformYourInnerMeanGirl.com. While we have slightly modified the archetypes in the quiz to be gender neutral, many of the same qualities are true for all humans, so the book can be a helpful companion.

In the 15 years plus that we've studied and taught how these internal parts work: we've learned lots, including seeing how powerful it is when we use our creativity and compassion to gain deeper insight into ourselves. We've witnessed transformation and breakthrough in people as young as 8 to women in their 80s on 6 continents.

We hope you'll explore this more deeply for yourself – our inner critics do not need to be tamed, silenced or banished, they need to be heard, cared for and calmed. There's wisdom in the self-sabotaging and self-bullying thoughts, actions and emotions for us … if we are brave enough to listen, get curious and apply self-compassion and honesty.

Grateful to be connected.

Christine Arylo

P.S. Here's a podcast series if you'd like to learn more: The Comparison Cure.
Click here to access.

Copyright 2015 Christine Arylo www.ReformYourInnerMeanGirl.com