

How the Inner Critic Develops

from Pete Walker Complex Ptsd: Survivor to Thriver

Compiled by Linda Meredith

Family of Origin/Caretakers

Adults in the Home Environment may be Physically, Verbally, Emotionally, Sexually, Mentally Abusive/Neglectful

Unrelenting criticism, parental rage/scorn, disdain are internalised by the child and this changes the structure of the brain

Incessant repetitions are adopted by the child who endlessly repeats them resulting in thick neural pathways of self hate and self disgust.

The child's thoughts, feelings and behaviours over time reflect this endless internal dialogue

Over time when the child tries to be vulnerable or authentic internal networks of self loathing are activated. The child hates themselves for trying to connect and communicate because it doesn't work with these adults

**The child then begins to self abandon.
The ability to support themselves or take their own side is decimated**

The neural pathways expand into a large, complex network that becomes the Inner Critic.



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The Inner Critic negative perspective creates many programs of self rejecting perfectionism, obsesses about danger & catastrophises incessantly.

The Child/Adult lives in varying degrees of Emotional Flashbacks

Inflexible Thinking/All or None

Unhealthy Ego

"The verbal and emotional layer of the abuse onion has many sub-layers of minimization. I have heard clients jokingly repeat numerous versions of this over and over: "I know I'm hard on myself, but if I don't constantly kick my own ass, I'll be more of a loser than I already am. In fact, I really need you to come down on me if I try to get away with anything!" A childhood rife with verbal and emotional abuse forces the child to so thoroughly identify with the critic, that it is as if the critic is his whole identity."

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Developing a Healthy Ego

Reversing the Inner Critic
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**Developing a Healthy Ego
Consciously Listening to Our Spoken Words, Thoughts, Feeling our Emotions**

Recognising our Inflexible Thinking

**Recognising our negative perspective, our self rejecting perfectionism, and
/or obsessing about danger & catastrophising.**

**Recognition of times when we abandon ourselves, don't support ourselves
and don't take our own side**

**Learning to feel safe to Connect & Communicate with other
significant Adults**

**Learning how to be safe to feel and communicate vulnerability and be our
Authentic Self.**

Managing our Internal Dialogue

Continually reducing our Identification with the Inner Critic



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