

MASTERY OVER THE INNER CRITIC

This is to attest thatdeems the INNER CRITIC to be an excellent servant but a poor master. The hierarchy must be honoured. In order to restore the proper order, it is bounden duty of to show the INNER CRITIC who is boss. For the avoidance of ambiguity, it is conceded that the INNER CRITIC may give excellent advice in areas of special expertise. Such advice will be considered when it pertains to designated areas, but will be disregarded as impertinent and meddlesome when it pertains to areas beyond the remit of the INNER CRITIC, especially when compassion or encouragement would be more helpful than criticism.

On this datethe process of mastery was declared/
begun/ 10%, 20%, 40%, 60%, 80%,100% achieved *(choose one)*

Signed

Witnessed.....