



Fall 2003 newsletter
Issue #5 Inner Critic

Fall...a time we associate with going back to school and learning new things. When I'm learning or trying something new I often hear my inner critic: "Everyone else seems to understand this better than you, maybe you shouldn't even try." Mia Bolte, therapist and Purple Crayon Factory facilitator developed this issue's Reflections and Five-Minute Reflection exercise. If you struggle with an inner critic, I hope you find affirming ways to keep it from holding you back. -Teresa Thomas-Carroll, Director

Reflections (by Mia Bolte)

This summer I enrolled in jazz dance lessons. It was my first ever, formal dance class. As I watched the other students, I started thinking I didn't have enough grace and coordination to be in the class. I'd worry that I didn't know how to do the steps "right." Clearly, my inner critic came to visit.

Most of us have met our inner critic. It's that voice that nags, whispers or shouts messages that tackle our self-esteem and make us question ourselves. Usually, the message suggests what we're doing isn't good enough. Each of our critics tends to tailor the message to different situations, but the effect is the same: Our self-esteem suffers and our creativity wanes.

For me, I've found the best way to work with this aspect of myself is to get friendly with it. I acknowledge rather than push away the negative thoughts and feelings. After all, trying to escape the inner critic hasn't worked so well. More and more, I'm finding ways to get to know my inner critic. As I have become more aware and considerate of my inner critic, I notice it now makes fewer appearances. Continually I attempt to relate to this part of myself. Sometimes it's easier than others. This afternoon though, all's well, and I'm inviting my critic for a cup of tea before I go to dance class!

News and Announcements

If this issue intrigues you, consider Mia's "Addressing the Inner Critic" workshop. Through small group discussion, art, ritual, yoga and movement, participants develop personalized tools for working with the inner critic and increasing self-esteem in order to fully realize their creative potential. Wednesdays, Oct. 8, 15, 22 and 29 from 7:00-8:45 p.m. Directions to Northeast Minneapolis studio provided upon registration. \$120 for the series (includes literature), pre-registration required. For more information or to register, contact Mia by phone at 612-701-2027 or e-mail at mail@purplecrayonfactory.com.

Mia is also facilitating an introduction to "Authentic Movement", a contemplative movement practice in which participants realize greater personal empowerment via increased body awareness. Attend the **free** trial class Saturday, Oct. 4, 1:30-3 p.m. and/or the full series (\$60), Saturdays, Oct. 18, 25, Nov. 1 and 8, 1:30 to 3 p.m. at Healing Waters, pre-registration required. For more information or to register, please contact Healing Waters at 651-653-1660.

"Geography of the Imagination: Journeys of Self-Discovery and Creativity Through Art." In this class, Susan Armington and Catherine Reid Day encourage the use of art as a tool to travel through inner and outer landscapes that give shape to personal experience. No art-making experience necessary. Thursdays, Oct. 23, 30 and Nov. 6 and 13, 6:30-9:30 p.m., on University of Minnesota's St.

Paul campus, \$180 (age 60, \$162) + \$15 supply fee. For more information, contact the Compleat Scholar at 612-625-7777 or view the full description on www.cce.umn.edu/scholars.

If you enjoy our seasonal newsletter, consider subscribing! Subscribers to the free PCF e-newsletter also receive periodic news and updates on our open workshops, making it easy for us to keep you posted on our offerings. Look for our listing in the Minnesota Women's Directory under the heading of "Speakers and Presenters"; free directories will be available with the Sept. 24 issue of the Minnesota Women's Press and online at www.womenspress.com. Our Web site will be updated soon to reflect our growth with additional facilitators and workshops. If you have an interested group or a location suggestion for an open workshop, please contact us at least a month before your intended date.

Five-Minute Mini-Reflection (by Mia Bolte)

(It may be helpful to be able to write or draw your responses.)

Brainstorm

What do you know about your inner critic?

Imagine

What do you imagine your inner critic really wants from you?

Setting a goal

Decide to befriend the inner critic part of yourself. How might you do that? What could result from changing the nature of this relationship?

Taking action

Each time you hear negative messages, acknowledge your inner critic. With this awareness, you may decide to find a way to bring some friendliness to the situation. If not, then keep this in mind, awareness is said to be curative!

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We welcome and encourage you to share this newsletter.

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Purple Crayon Factory facilitates hands-on and creative workshops for reflection, goal-setting and action in pursuit of an ideal personal and professional life.

www.purplecrayonfactory.com

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