

*Renewal with Suzanne*

# MAPPING THE MOMENT

*Critic--Body--Guide*



Getting to know your inner world  
with gentle presence.



# Mapping the Critic, the Body, and the Inner Guide

When that familiar voice starts up—*You're not qualified for this* or *Who do you think you are?*—mapping what's happening can bring you clarity and spaciousness. That bit of distance often softens harshness and eases internal pressure.

The critic is a protective part of you—it's been trying to keep you safe for a long time, even if the method feels tough. We're not here to fight or silence it. We're here to listen, with your steadier Inner Guide present. The Guide welcomes all parts.

## The Attitude That Makes This Work

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Think of how you'd respond if a dear friend arrived saying, "I'm scared... I feel tight inside... I'm not sure I can do this." You wouldn't argue or shame them. You'd offer a chair, a warm drink, and your steady presence.

Yet somehow, when it's our own inner voice being harsh, we forget this kindness entirely. This worksheet helps you remember.

That's the stance we're practicing with our own inner world. We're learning to open the door and finally see who's there—often a part that's been working incredibly hard to protect you.

## How to Hold the Practice

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**Begin from your Inner Guide.** Take a moment to ground yourself first—look around the room, feel your feet on the floor, place a hand on your heart or belly. Let this steadier part of you lead the conversation.

**Listen with kindness.** The critic's job has always been protection. Keep an intention to learn more about this from the critic.

**Include the body.** Sensations are wonderful sources of information, not just problems to fix. The body is a source of wisdom we can learn to hear.

**Go gently.** If you feel overwhelmed or triggered, it's okay to pause and come back to this when you're ready.

**Practice regularly.** Each time you use this mapping, you're building a new muscle—training yourself to respond with curiosity instead of fighting. The more you practice, the more natural this kinder approach becomes.

**Choose your format.** You can work with the circle sheet, the chart, or both—whatever feels most supportive for your process. Some women prefer the visual flow of the circle, others like the structure of the chart. Trust what calls to you.

## Words That Help (Inner Guide Tone)

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"I hear you." • "Thank you for trying to keep us safe." • "Let's take one step." • "We can be curious about this." • "I'm here with you."

## A Simple Picture to Remember

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Imagine three places at your table: the critic, the body, and the Inner Guide at the head. Everyone gets a seat; the Guide sets the tone by welcoming all.

## Why This Helps

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Mapping creates space to be with the critic, includes the body's wisdom, and strengthens your connection with the Inner Guide that can hold it all with compassion.

**Important Note:** If strong emotions or body sensations become overwhelming, pause. Look around the room, place your feet on the ground, name one object you see, or take a short walk. You can return when ready. This work isn't about forcing calm—it's about befriending all parts at a pace that feels safe. If this is new to you, it does get easier with practice.

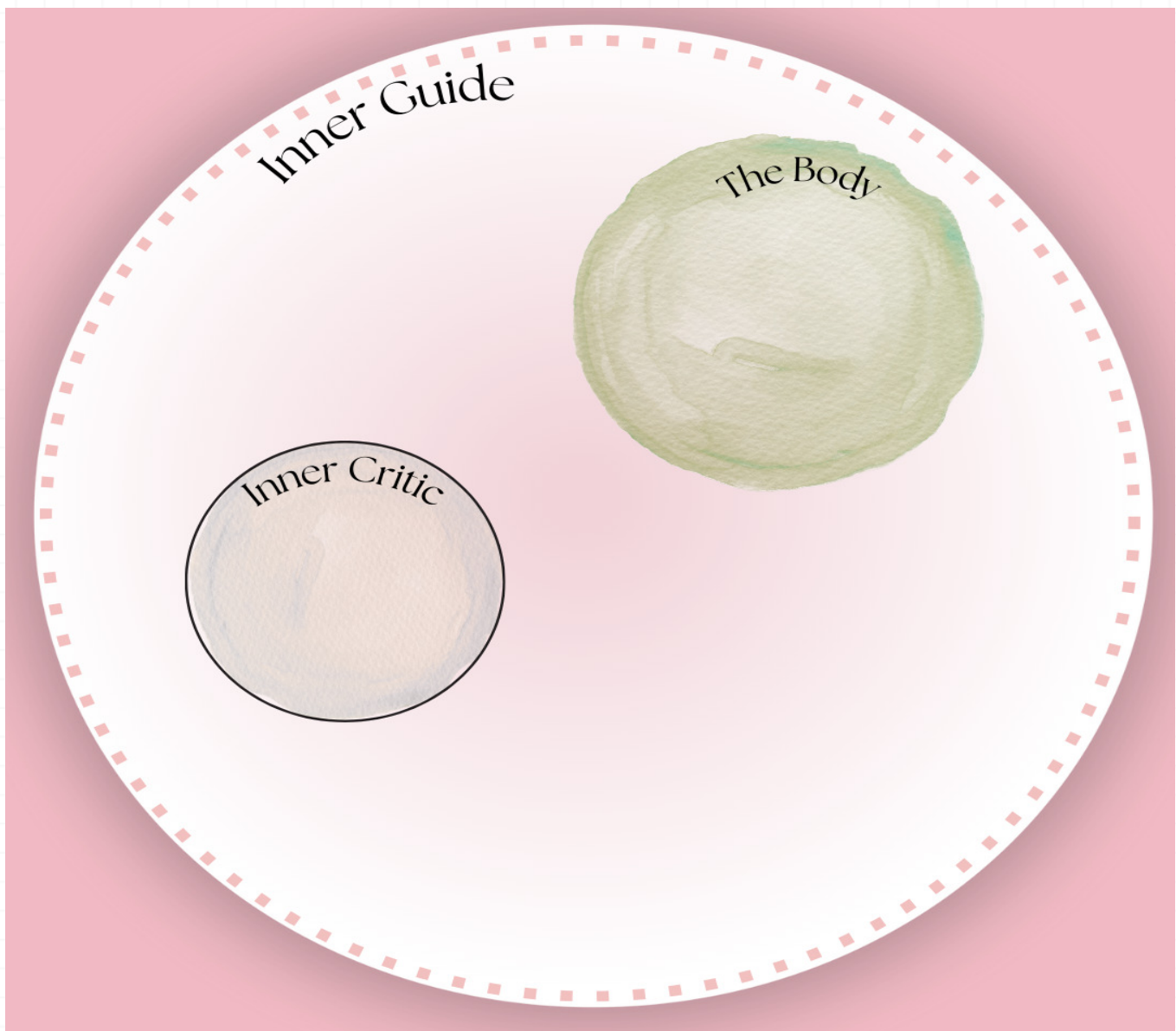
## Circles Snapshot: The Guide Holds the Critic and the Body

**How to Fill the Circles** (please print this page for your use or draw in your journal)

**Inner Critic circle (smaller circle):** Write the key words or main message your critic is saying. If it's a long stream of thoughts, just capture the essence—like "You're not good enough" or "You'll mess this up."

**Body circle (green circle):** Notice where you feel the critic's voice in your body. Tight shoulders? Knot in your stomach? Shallow breathing? Clenched jaw? Just name what you notice.

**Inner Guide circle (large circle that holds the others):** From your steadier, more compassionate place, write a kind response to the critic and one small thing you could do right now—like taking three deep breaths, going for a short walk, or writing yourself one encouraging word.



## Alternative Option: The Tracking Chart

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If you prefer a more structured approach, use the following chart instead of the circles. It works the same way—you're still mapping the three voices—but some people find the organized format easier to follow.

### How to use it:

Start by writing your Inner Guide Anchor at the top—choose a grounding word like curiosity, compassion, or calm to guide your responses.

Then for each row:

- Critic's Concern: Write exactly what your inner critic is saying (the actual words or phrases)
- Inner Guide Response: From your steadier, more compassionate place, respond to the critic with kindness
- Tracking the Body: Notice what happens in your body both when the critic speaks and after your Inner Guide responds

You can fill one row at a time as critics arise throughout your day, or sit down and work through several recent critic moments all at once. The arrows in the body column help you track how sensations shift when you respond with compassion rather than fighting.

Use whichever format feels more natural—circles or chart. Both do the same gentle work of creating space between you and the critic's voice.

## Today's Inner Guide Anchor: \_\_\_\_\_

(Curiosity, Compassion...)

Critic's Concern (exact words)	Inner Guide Response	Tracking the Body
"You're going to mess this up."	I hear your concern. (loving presence)	Tight chest→→→softer breath
"You're too old!"	See/feel how wise I've become.(showing confidence)	Speedy heart→→→slower heartbeat

### Quick Debrief:

- What helped me stay with Self today?
- Word I want to remember:



## Bringing It Together

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You've just practiced a completely different way of meeting what's inside:

- Anchoring to your Inner Guide first
- Hearing the critic's concerns without fighting back
- Including your body's wisdom as valuable information
- Responding with curiosity and kindness

This is profound work. In a world that teaches us to battle ourselves, you chose connection instead.

## What to Expect as You Continue

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The more you practice this gentler approach, the more natural it becomes:

- You'll gain clarity about which voice is speaking when
- Your body's signals will become easier to read and trust
- Your Inner Guide's tone will grow more familiar and accessible
- Small, consistent shifts create meaningful change over time

## Moving Forward

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However today felt for you—whether you connected strongly with your Inner Guide, caught just a glimpse, or found it challenging to hear—you've planted something important. This relationship often develops slowly, like getting to know a trusted friend.

Keep this mapping process close for moments when your critic gets particularly loud. Each time you choose curiosity over criticism, you're strengthening a new way of being with yourself.

## If You'd Like Support

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This inner work can bring up unexpected feelings and insights. If you'd like to explore this further or have questions about what came up, I offer 1:1 sessions where we can go deeper into transforming your relationship with your inner critic.

For a free 15-minute conversation or to learn more, you can book a time through my website, email me or text me on the number below.

All the best.

[Renewal Website](#)

You can also email or phone me: [suzanne33m@gmail.com](mailto:suzanne33m@gmail.com)

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***"You, yourself, as much as anybody in the entire universe, deserve your love and affection." The Buddha***