Beyond Linear

THOUGHT PIECE

Trust and Verify

A fairer way to look at the story your Inner Critic is telling you.



> *What if we held our own self-doubt to the same standard of evidence we would expect of anyone else's claim?*

TRUST
Start by allowing a fair possibility.

+

VERIFY
Look at the evidence and the wider picture.

And means both work together, not that one cancels the other.

Five things to check

1. **You can do your job**
   Promotions, feedback, responsibilities and what you've delivered. Keep evidence in your ***Brag Bag***.

2. **People mean what they say**
   Consider the relationship, their actions and track record. Don't let fear of rejection be the only evidence.

3. **A mistake doesn't define you**
   Look at the wider picture: one-off or pattern, circumstances and how you've handled similar situations.

4. **You are making progress**
   Compare with six months ago. Notice what you've learned, finished or tried.

5. **You can take the next step before you feel ready**
   Remember times you learned by doing, adapted or asked for help.

Two voices. Which one gets the final say?

THE INNER CRITIC	THE INNER CHEERLEADER
Reaches conclusions quickly.	Pauses and asks questions.
Relies on feelings, assumptions or one experience.	Looks at what the record actually shows.
Focuses on evidence supporting the negative view.	Considers the whole picture, good and difficult.
Treats its view as fact.	Is honest without pretending difficulties don't exist.

Questions to ask yourself

- What am I assuming here?
- What evidence do I actually have?
- Am I considering all the evidence, or only the parts that support my negative view?
- What would I say to a friend in this situation?
- Is there another explanation I haven't considered?

> *What is one thing your Inner Critic has told you this week that you haven't actually checked?*