

You all know that inner voice that tells you that you are not good enough in one way or another. That voice that is inside your head that is constantly beating you up that makes you feel guilty, less than, and underperforming all the time. It is like having a really bad roommate. In this episode, Dr. Diane Garrison, a licensed psychologist and a women's empowerment coach, discusses how we first need to recognize that we internally talk to ourselves in a mean girl manner, then finding the understanding that you are not flawed. This type of thinking is something that was programmed into you when you were a kid. Society has led women to believe that they need to work harder and longer in order to prove that they have even half the value of men. Women have been taught that feelings are weaknesses and therefore are taught to be cast aside in order to get things done.

Giving yourself compassion when you are hurting is a skill that can be learned. "It is a part of me but it doesn't have to run me." The center of this is really learning how to take care of yourself. Taking care of yourself is not selfish. Self-neglect is happening a lot even when you know you are doing it to yourself. Pay attention to what is going on inside of you instead of pushing past it when you are hurting, sad, tense – turn towards those negative feelings with gentleness – the same kind of gentleness you would give to someone else that is hurting.

Having a support team of objective, heart-centered people is important. Recognize that you do not have to go through these challenges alone. Therapy is an incredibly safe container where you can let it all hang out. You can be real. When you can talk freely about the things that are weighing heavily on you, you can gain clarity and confidence. Coaching takes you past the place of functional to self-actualization and self-awareness.

Diane is offering a free 30-minute "Get Clear" consultation when you mention this podcast to really identify what you desire to change in your life and what is stopping you.

In this episode, we discuss:

- Why are we, as women, so hard on ourselves (why do we have such a healthy "inner mean girl")
- How we can soften the inner critic and make friends with that "inner mean girl"
- How we can build self-compassion and self-acceptance
- How to calm your "inner mean girl"
- Facing your limiting beliefs so you can transform them
- I'm suffering and it's okay. I'm human.
- The importance of surrounding yourself with objective people
- Acknowledging your self-worth

*"You, yourself, as much as anybody in the entire universe, deserve your love and affection." – Buddha*  
*"You cannot become your best-self by yourself"*

#### RESOURCES:

##### [Guided Self-Meditation](#)

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