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**Inspired Journeys: Overcoming Adversity and Thriving**  
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**June 25th 2013: Overcoming Self-Criticism through Self-Compassion**

In this hour I will explore and challenge the cultural belief that says we can and should motivate ourselves through internal bullying, relentless pushing, embarrassment, and shaming. You will learn how these forms of self-criticism actually hold us back, preventing us from achieving our goals. Based on Richard Schwartz's Internal Family Systems model, we will process the ways in which the Inner Critic can manifest in our thoughts and behavioral choices. We will discuss the research that proves the best form of motivation and the key to inner happiness and peace is self-compassion. Listen

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