For the majority of us, these evaluations are of the negative kind. Research findings reveal that the human mind seldom rests. Thoughts occupy our mind at all times, even when we are not actively thinking. Our mistakes and perceived inadequacies can torture us for days on end, and force us to engage in self-punishing, destructive behaviors. However, you can initiate the process of self-change and work towards creating a healthy balance.

Utilize Specific Techniques

One way to deal with negative self-assessments is by replacing self-criticism with a more thorough and reality-based perception of oneself. This might involve experimenting with self-criticism and analyzing how self-critical you are based on your relationship with others. In order to learn about your tendency to criticizing yourself, you can try a few proven techniques, such as monitoring self-criticism and analyzing how you respond to it. However, before you try to deal with your self-perspective, it’s imperative to check if self-criticism is affecting you adversely. Once you are able to notice and monitor self-defeating behaviors, it is time to work on the specific techniques you can use, in order to become less self-critical. These include cultivating empathy, as well as enjoyment of compassionate self-awareness, as well as building a strong support system. 

Recovering From Self-Judgment

Another way of turning self-criticism into self-confidence, as well as enjoyment of compassionate self-awareness, is by replacing it with self-compassion and constructive criticism, by first analyzing how self-critical you are and trigger circumstances, in order to understand what negative self-assessments are caused by. Then, you'd be free to talk to a friend like you would talk to a friend, as well as enjoy compassionate self-awareness. 

Where to Begin

While self-criticism can have a harsh, detrimental effect on one's happiness, self-esteem and relationships, however, luckily you can change your self-perception and transform your specific thoughts and behaviors. Being mindful of your critical thoughts may help you become motivated in a constructive way, rather than brought down by your own negative perceptions. Through this technique, you can also turn self-criticism into self-confidence, as well as enjoyment of compassionate self-awareness.