



**EXPLORABLE**  
*Think Outside The Box*

Published on *Explorable.com* (<https://explorable.com>)

[Home](#) > Replacing Self-Criticism

## Replacing Self-Criticism

Liya Panayotova, Psychologist, [liyap.com](#) 9.6K reads

If self-criticism continues to occur, you have to find appropriate substitutes to replace it with. These require learning and a lot of practice, but will come with effort and time.

This short and simple exercise is a good start, which doesn't require too much effort, and is a good way to create a baseline for further work.

**EXPLORABLE**  
*Quiz Time!*

Quiz: Psychology 101 Part 2

Quiz: Psychology 101 Part 2

Quiz: Flags in Europe

[See all quizzes](#) ⇒

## Experiment with Self-Criticism

Self-criticism is a two pronged fork that may go in either direction. However, there is a way to ensure that despite self-criticism, one can lead a fulfilling and productive life. Here's a two-day experiment with self-criticism.

The first day includes going about your usual routine, indulging in self-criticism as you would do on a normal day. The second day involves practicing thought-observation, without the judgment. This was earlier explained in the exercise on [being mindful of your thoughts](#) [1]. Then follow it up with some constructive criticism.

## Investigate Your Behavior

During both days, pay attention to how you feel and behave. Answer questions, such as "How

does it feel, compared to a typical day?”, “Are you motivated to pursue your goals?”, “Did you achieve more or less than usual?”, “Was your behavior constructive and consistent with your goals?”

## Compare and Contrast

Compare both the days and any similarities or differences between them. Gradually, you will come to realize that the days with constructive self-criticism make you happier and more efficient, compared to the ones with harsh self-criticism.

---

**Source URL:** <https://explorable.com/e/replacing-self-criticism>

### Links

[1] <https://explorable.com/e/mindfulness-of-thought?gid=21887>