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## CONQUERING THE INNER CRITIC

One thing I always suggest my students do before they begin art making is to address their inner critic. If you have taken any of my other courses, this will be a familiar exercise. You may choose to repeat it, or skip this part and move on.



Your art journal can be a place of freedom if you let it. Frequently, though, your inner critic gets scared and bombards you with reasons you shouldn't make art. Rather than struggling against the critic, it can be useful to give the

critic an opportunity to speak, here's some of what it might be saying:

### WHAT DOES THE INNER CRITIC HAVE TO SAY?

You should be doing laundry, making dinner, paying your bills, art is not "productive."  
That sort of looks good, but if you do the next part, you'll screw it up.  
You're wasting your time.  
You don't even know how to get started, give up!  
It looks terrible!  
Everyone else's journal pages are so interesting, yours are so simple and boring.  
You're not an artist! Who are you kidding?