



# Reducing Excessive Self-Criticism Journey

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## Step 11: Permission to Make Mistakes

Chapter 11 is a particularly interesting chapter. Not because the other chapters are less interesting or less meaningful, but because of a certain energetic feeling that arises here. I work in such a way that I write the structure in advance, the chapter headings, the six parts, three chapters in each part, and then I let it rest. When I come to create the chapter, I look at the title, feel it, and from there begin in an open and intuitive way. And from that, messages emerge that are sometimes very essential to this process.

There is something here that is important to remind again and again. Not only to you, but also to myself. And the act of reminding lies at the very heart of this chapter.

We are in Part Four, the great importance of mistakes. There is much work to be done around this subject, around our relationship with the fear of doing something wrong. This fear accompanies us throughout most of the day, whether consciously or unconsciously. It sits there like a heavy weight, even when we are not aware of it.

We are here to increase awareness of it and to deal with it. But with the understanding that it does not disappear completely. It is there, in the air, in the atmosphere. And we can improve, we can free ourselves, we can move forward, but it is still part of the space in which we operate.

The title of the chapter is clear: permission to make mistakes weakens criticism and grants broad freedom of action.

Permission. I allow myself to make mistakes. I say to myself again and again: I allow you. It is okay. It is acceptable. You have permission to make mistakes. I love you, even when you make mistakes.

This is not obvious. It is not obvious that we have an ongoing task of weakening excessive self-criticism. And the central theme of this chapter is the recognition that nothing here is obvious.

In some way, we would like to fantasize about a state in which there is no excessive self-criticism at all. Why should it be there? Why is reality like this? Why are life conditions like this? Why do we make things harder for ourselves?

It is difficult to accept that this is how we are built. This is how we are. And we tend to escape from this fact. We do not always notice that our creativity is constantly being held back, hesitating, fearing doing something incorrectly. And this fear itself is anti-creative. And it is present.

The question is how willing we are to recognize this. To recognize that we are responsible for it. Even if we have received a very strong cultural influence, ultimately, as adults, it is already ours. It is our responsibility. We are the wardens of ourselves.

But this is not a place from which we want to develop guilt, regret, or pessimism. On the contrary. We want to learn the rules of the game. To understand that within these rules, we have room for action. We have room for action against the parts within us that are nourished by fear, that try to feed our reality with fear, and to block our free expression.

They are there. And sometimes we feel like not seeing them. To ignore them. To continue as usual. To say to ourselves: I am not “that extreme.”

And indeed, we are not that extreme. We are here, working with this book, out of initiative, out of inner leadership, out of self-awareness, out of desire, aspiration, and action toward change, growth, and healing.

But alongside this, there is also a part within us that denies, that escapes from this truth, from this dynamic, from the fact that there is a force within us that restrains us and is not truly necessary.

And our role is to weaken it. To weaken it through a kind of manipulation, but a manipulation that comes from love.

For example, not only to allow myself to make mistakes, but even to initiate mistakes. How much freedom can a person receive when mistakes become part of their strategy?

We can say that there are excellent mistakes, average mistakes, and unwanted mistakes. And the unwanted mistakes are a relatively small percentage. But we tend to relate to all mistakes as if most of them are undesirable.

And this is not correct.

There is a wide variety of excellent mistakes: mistakes of experimentation, of experience, of testing, of playing with life. At every moment, there is a range of mistakes we can allow ourselves, whether by chance or by initiative.

I am not speaking about mistakes that involve real danger. No. There is a vast range of potential mistakes whose cost is not high. Perhaps some discomfort, perhaps a delay, perhaps the need to correct.

But the gain is enormous.

The gain of freedom from excessive self-criticism is enormous. It contains within it almost all of a person's dreams. Because dreams know how to fulfill themselves. Imagination knows how to become reality. This is an energy that wants to manifest. It contains passion. It contains knowledge. It contains power. Almost everything we need to do is simply to allow. To allow through actions, through initiatives, through creation.

It is not complicated. It is a game. It is the simpler part of life. When the walls of criticism are removed, it happens.

And therefore, removing the walls of criticism becomes a central task. A primary task. Because everything we speak about, change, transformation, healing, self-realization, all of these are blocked by excessive self-criticism. If we dismantle this wall, things will begin to flow on their own.

And for that, we want to become masters of permission to make mistakes. To take "incorrect" paths and explore them. To say the wrong word sometimes and see what happens. Not with the intention to harm, and if needed, to apologize.

To choose a "wrong" color and paint with it. To write a wrong word and play with it. That is where the game is. That is where self-realization is.

Permission to make mistakes weakens criticism and grants broad freedom of action. It is a strategy. And sometimes it is so simple to choose it.

We do not have to go on big journeys. We can, here and now, ask:

- How many good mistakes did I make today?
- How many good mistakes do I intend to try tomorrow?
- How much am I able to forgive myself, and even laugh at my mistakes?

The freedom found there is immense. Infinite. And it continues to grow.

And this connects to what we said at the beginning of the chapter. We sometimes forget that we have a tendency to be the wardens of ourselves.

And why does this happen?

Because we are not active enough in playing, in allowing ourselves to make mistakes, in weakening criticism.

And weakening criticism is a role. It begins with recognition. With recognizing that within this way of living, excessive self-criticism is created.

It exists. Not to deny it.

And from here, to surrender. To surrender to every possible form of manipulation that weakens it.

And this is what we are learning here. To play with limitations. To move around them. To pass through them. To discover a new world.

And then, there as well, to encounter new limitations, new criticism, and again to do the work. More mistakes. More initiatives.

And after a period of time, to look back and discover how much growth has taken place.

**Questions for Self-Reflection (it is recommended to answer in writing):**

1. What kinds of “silly things” do you sometimes allow yourself to do?
2. Can you now give yourself an “official” permission to increase your daily mistakes by 10–20 percent?
3. What would happen if you had the flexibility to allow 10–20 percent more mistakes each day?
4. Do you know someone who made a mistake that initially seemed very unfortunate, but later became the source of an important change?
5. Can you see how tolerance toward your mistakes might reduce the influence of your excessive self-criticism? How might this affect your life in the future?
6. Is there anything else you would like to share or write about regarding what you have read in this chapter? Experiences? Insights? Questions? Feelings?