

## **How To Silence the Critical Voice**

### **QUESTION:**

How do I quiet the relentless critical voice that tells me I'm not good enough?

### **ANSWER:**

The critical voice does not belong to you. The critical voice in your head is not your true self but an echo – a collection of judgments, shames, and accusations that were once thrown at you by other people. Stopping the critical, judgmental voices from the past requires a combination of self-awareness, reprogramming negative beliefs, and cultivating self-compassion. You silence it by refusing to carry voices that don't belong to you. Here's how you can approach this process:

#### **1. Identify Whose Voice It Really Is**

When your inner critic speaks, ask yourself: whose voice is this? Often, it belongs to a parent, teacher, partner, or cultural standard that trained you to feel small. Naming the source strips the critic of its false power. It reminds you: this is not me; this was given to me to carry for someone else.

#### **2. Expose the Lie**

Criticism thrives in shadows. Write down the harsh phrases the voice uses - you're lazy, you'll fail, you're not enough.

Then ask: is this statement fact or fear? Replace the lie with the truth: I am capable of growth, I learn through practice, I am worthy without condition.

### **3. Shift the Tone of Inner Dialogue**

You may not silence the critic instantly, but you can change how you respond. Instead of obeying the voice, answer back with compassion. When the critic says, 'you'll mess up', answer, 'mistakes are how I grow.' Over time, this rewires your internal dialogue.

### **4. Refuse to Internalise the Projection**

Remember, criticism often reveals more about the critic than the criticised. Those who shamed you were projecting their own unhealed wounds. When you hear the critical voice, remind yourself it's external not internal; the projection isn't yours to carry anymore.

### **5. Anchor in Evidence of Your Worth**

Keep a list of moments where you showed courage, kindness, resilience, or brilliance. The critic says, 'you're not enough.' Your evidence says otherwise. The more proof you gather, the weaker the critic becomes.

### **6. Choose Silence Over Agreement**

Sometimes the most powerful way to silence the critic is to stop engaging. Instead of debating, simply say, 'I disagree', then turn your energy elsewhere. Remember,

the critic starves without your attention. It's time to stop feeding it.

**Affirmation:**

I no longer carry voices that don't belong to me. I give back all the projections that come my way.

**Journal Prompts:**

1. Whose voice does my inner critic sound like?
2. What phrases does it use most often?
3. What truth directly contradicts each lie?
4. How can I respond with compassion instead of agreement?
5. What proof do I already have of my worth?

**Visualisation:**

Imagine a crowded room filled with voices shouting criticism. You notice a door at the back of the room. You walk toward it, open it, and step outside into sunlight. The voices stay inside. Outside, there is silence, and in that silence you hear the voice of your own gentle truth.

**Conclusion:**

The critical voice is not your truth. It is a toxic projection of someone else's shame. Releasing it means you finally reclaim the right to hear yourself clearly.

**Final Thought:**

You are not the voice that tears you down. You are the self  
that survived it and the woman who rises above it.