

5 Steps to Shut Down Your Inner Critic and Reclaim Confidence

1. Name the Critic

Start calling out the voice when it appears. Give it a name (like "Doubt Debbie") to create distance between you and it.

› This is not your truth; this is an old survival mechanism.

2. Spot the Trigger

Ask: What just happened before this voice showed up?

It's often fear of being seen, judged, or not good enough.

Recognizing the trigger helps you regain control.

3. Talk Back with Evidence

Challenge the thought like a lawyer.

Ask: Is this always true? What's the real evidence?
What would I tell a friend who felt this way?

› Truth dismantles fear's script.

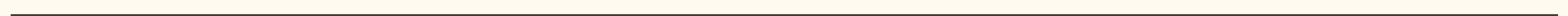


4. Replace It with a Grounding Truth

Say something that you want to believe, even if it's not 100% locked in yet.

Examples:

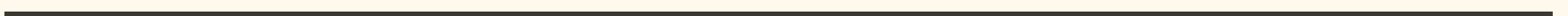
- I'm safe to take up space.
- I don't need to be perfect to be powerful.
- It's okay to try before I feel "ready."



5. Take One Brave Micro-Action

Do one small thing that the inner critic would hate: post the thing, express yourself without filters, rest unapologetically, ask for what you need.

Action breaks the loop.



These thoughts are loud because your truth is waking up underneath them. You don't have to fight, just listen to what's real and keep moving.

– Aubrey | Evolve & Embody
