

# HUSH NOW

Quiet Your Inner Critic



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## Introduction

Hello and welcome! Thank you for choosing my *Hush Now - Quiet Your Inner Critic* eBook. We all give into our inner critic now and then. This internal voice can be a powerful force and has the potential to hold us back from living our best lives.

Fortunately, you can learn to manage your negative self-talk in productive and meaningful ways. You can take charge of it once you learn more about your inner critic, where it comes from, and the patterns it uses to sabotage you. The key is discovering how to recognize this negative inner voice and understand the power it has over you. Once that happens, you have the ability to make real and lasting change. Until you know your inner critic, you can't fight it.

So, getting to know this critic and where it comes from will be first on our agenda in this eBook. We'll move on from there to give you concrete and tangible solutions for dealing with negative self-talk, so you can stop it in its tracks before it can spiral out of control. When you allow your inner critic to go unchecked, it's incredibly difficult to take back your own autonomy and power. You're defeated before you can even truly try.

In this eBook, I'll share with you a four-step system for effectively dealing with your inner critic. This negative self-talk of yours has likely been around much of your life. It's important to understand that overcoming its destructive effects won't happen overnight. It will require you to learn new habits. You'll have to refute past messages you've previously accepted and internalized as truth. Sorting through truth from fiction with regard to the beliefs we've internalized over the years is an intense process. It will be hard work.

Once you've taken the time to acknowledge your inner critic and started to wade through all the damaging and harmful messages

it's been giving you throughout your life, it's time to start working toward changing your habits. I'll show you helpful strategies for doing this work on a daily basis. As with any new habit, overcoming your inner critic will require persistent and repetitive practice in order for the actions to stick.

Even once you've learned to accept your inner critic and have an understanding of the ways in which your negative self-talk has evolved over time, living a new truth requires dedication and persistence. You can expect to experience setbacks now and then. You're likely to fall back into old habits. If you keep getting back up on the horse, these new healthier habits will start to take effect. In fact, new neural pathways in your brain will start to form, making it easier and easier to behave in the beneficial ways you're learning.

You can be confident that I'll provide plenty of strategies and examples to help you incorporate these strategies into your real life. I even dedicate a chapter of this book to looking back on how far you've come and celebrating your success. Recognition and reward are crucial to maintaining motivation and momentum. It's not selfish to be proud of your accomplishments toward self-growth.

You can expect to learn all of this and more throughout this report. I'm so excited to have you with me throughout this journey. So, let's get started.

# Where Does Your Inner Critic Come From?

## What Is Your Inner Critic?

First, let's take a moment to define what your inner critic is. This critical inner voice is the pattern of negative thoughts and messages you've likely been giving yourself your entire life. This ongoing dialogue is often the cause of your unhealthy decision making, including the times you choose inaction rather than take a risk.

Your inner critic's mission is to hold you back or get you off track from your goals. It can negatively affect nearly every aspect of your life. When you listen to your inner critic, you make decisions that impact your relationships, career, and confidence. Each person's internal dialogue is unique to them, based upon the past experiences they've had and the personal characteristics they exhibit.

It's important not to confuse your critical inner voice with the voice of reason. The messages it gives you aren't in your best interests, and they're not meant to protect you. You have other internal reserves that help you make decisions regarding taking care of yourself. One of these is your intuition. Your inner critic is not your friend.

This internal dialogue or negative self-talk makes you feel bad about yourself and attributes negative characteristics toward others. Such thoughts lead to introversion, self-criticism, distrust, self-sabotage, and more. Such outcomes can be prevented when you learn how to recognize and manage your inner critic.

What your inner critic says to you will be unique to you, your past experiences, and your current issues. However, there are some common themes among most people. For one, this negative internal dialogue often focuses on making you believe that you aren't good enough or that you'll never succeed. You may tell

yourself that you're not attractive or smart or that you'll never be loved.

Your inner critic is also fond of causing you to believe untruths about the intentions of others. It's not uncommon to think that no one cares about you or that a particular person wouldn't want to be bothered by you. Feeling all alone or that no one wants to spend time with you are also beliefs your internal dialogue likely relies on.

Regardless of the messages you receive from this nagging voice, the end result is usually the same. These statements are usually intended to make you feel bad about yourself or to doubt your capabilities. They want to hold you back or to sabotage you. When you listen to your inner critic, you will almost always keep yourself from moving forward.

### **Origins of the Inner Critic**

Your inner critic can come from a number of places. Often, it begins to take hold in your childhood. Messages you receive from the world around you can be internalized. You then repeat those ideas to yourself again and again throughout your life in the form of negative self-talk. The more you tell yourself these things, the stronger they take hold in your subconscious and the more difficult they can be to recognize and overcome.

People who have an influence on us like parents, teachers, and peers are often the source of our inner critic's nasty statements. These beliefs can come from the words said to us by these people, through their



actions, or even indirectly based on the feelings they have about themselves. Their own negative self-image can cause them to behave in ways that are harmful to others, including yourself.

Most people don't mean to hurt you with these messages. Sometimes they may think they're being protective or shielding your feelings. Maybe they feel they're trying to give you some tough love. Regardless of intent, the effects of these actions can remain for years and years.

Sometimes the inner critic is formed through the ill intent of others, though. Families who engage in a cycle of emotional or physical abuse send their children all sorts of unhealthy signals that lead to fixations that can hold individuals back for a lifetime. These can be some of the most hurtful effects and longest lasting. However, even such long-held, destructive messages can be overcome.

In the end, it's how we make sense of these past experiences and messages that really impacts who we are as adults and the ways in which our inner critic influences us. When you internalize the actions or words of someone else in a way that is self-destructive, and you repeat that belief to yourself, it tends to stick. It can become a self-fulfilling prophecy.

This means you may start to live the negative statements you give yourself. If your parents were overprotective and never let you go anywhere as a child, you might tell yourself that the world is dangerous. You could believe that you'll get hurt, physically or emotionally, if you venture out too far. Therefore, you tend to stay put and "safe" in your comfort zone. You avoid taking risks because you've convinced yourself the world is scary. Remaining where things are familiar to you begins to become the norm and the idea of venturing out in the world becomes unfathomable.

This is merely one example of how the beliefs, words, and actions of others can influence your inner critic. There are countless ways for each individual to internalize their experiences in negative

ways. That's what makes the inner critic so insidious. It preys upon your specific weaknesses.

Becoming aware of and acknowledging your inner critic is key to overcoming its toxic effects. When you learn to listen realistically and with intention to your inner critic, you can begin to notice the patterns that exist within your mind. You then start to notice the ways in which these patterns of messages play out in your life.

We gain compassion for ourselves and can take a more objective step back to analyse what our inner critic is telling us once we've begun to recognize its voice. We can stop ourselves and reframe the conversation into a more helpful message, rather than the critical and hindering ones we usually hear.

That's what I'll address with you in the next chapter of our eBook. I'll show you how to recognize and be aware of your inner critic so that you can address its effects on you. Once you start to see the patterns, you can overcome them.



## Step 1 – Acknowledge Your Critical Thoughts

For some, the inner critic is always with you, it seems. You'll hear it throughout your day as you are faced with new scenarios. Sometimes, your mean internal thoughts will seem to work in cycles. During particular periods of your life, the self-criticism will seem worse. This could be during life transitions such as becoming a parent or starting a new job. Perhaps it's due to being surrounded by a critical person that amps up your own negative self-talk.

You might not even really notice when your inner critic is around. We tend to adopt this inner dialogue as a part of ourselves. We get so used to hearing it in the background of our thoughts that we don't take much note of it at all. It's just a part of our everyday life.

Not recognizing that pesky inner critic is what tends to hurt you, though. If you don't notice it, you can't challenge it. You're more apt to listen to those negative messages if you never take the time to become aware of and acknowledge the negative self-talk you engage in regularly.

Fortunately, there are a number of ways you start to become attuned to the messages you give yourself on a regular basis. First, you must be aware of the types of critical thoughts that most of us tend to have. Once you have identified the common traps your inner critic can lay, you'll be able to catch yourself when you notice these types of messages creep into your thoughts.

Next, you should learn what signs to look for when it comes to the ways in which your inner critic might manifest. It can creep into your mind in really sneaky ways that tug at your insecurities and play on your emotions. Understanding these patterns makes it so much easier to tell when your inner critic is taking over. Knowing truly is half the battle.

## **Types of Critical Thoughts**

One of the ways in which your inner critic brings you down is through doubt. It tries to tell you that you aren't enough to succeed and seeks to undermine your confidence, thus holding you back from your goals. This self-doubt is poisonous and can become a difficult pattern to escape from. Putting yourself down is the result of listening to your self-critical thoughts, as well. When your inner critic tells you you're lacking something, you tend to not even try.

Sometimes, your inner critic will give you a guilt trip in order to keep you in line. When you obsess over things you might have said or done wrong, you're spending needless energy on worry. Instead, take time to consider whether these fears are based on reality. If they may be, take steps to repair any issues that may exist. Otherwise, tell your nagging self-talk to take a hike.

Your inner critic also tends to pass down judgment on you, making you feel you are guilty of wrongdoing even when it's possible you did nothing out of sorts. Judging yourself overly harshly is a way to believe you aren't deserving of good things. If you don't deserve to go after that promotion at work, you won't be hurt or disappointed if you don't get it. It's just another way your critical inner voice works to sabotage you.

Shame is a tool used expertly by your inner critic. When you feel that your actions or even a part of yourself is shameful, it can lead to a number of toxic feelings. This includes depression and anxiety. Allowing your negative self-talk to convince you to feel shame is quite dangerous to your overall well-being, in addition to keeping you from achieving your goals.

Rejection is another way your self-critic can cause you to remain stuck. It tells you that people won't want to spend time with you or that they couldn't possibly care about you. Fear of rejection is all-too-common and is exploited often by your inner critic.

Your inner critic will use comparison against you in a big way. By comparing yourself to others, you start to convince yourself that you'll never achieve what they have, or you'll never be as good. Yet another way for your inner dialogue to get the best of you and keep you in check.

Finally, projection is a way for your inner critic to lower your self-confidence and damage your interpersonal relationships.

Projection involves taking the negative feelings you have about yourself and projecting them to others, often then causing you to attribute motives to those people that don't really exist. You may believe people think badly of you, when really that's just your own thoughts being projected onto them.

Keep these types of critical thoughts in mind when you're trying to identify your inner critic. If one of these applies, there's a good chance it's your own negative self-talk holding you back. So, go ahead and take a chance.

## **Signs to Look For**

There are some signs to be on the lookout for when trying to recognize your inner critic. When you notice these types of patterns, it's likely that you need to re-examine your negative self-talk and make some adjustments so that you can move forward in a healthier manner. I'll share strategies for making these changes in later chapters.

For now, let's look at some of the ways your inner critical thoughts can manifest. First, your inner critic usually speaks harshly. If you notice that you're telling yourself things you'd never say to a friend, that's your inner critic at work and it should be dealt with immediately.

Repetitive and intrusive thoughts are also signs of your inner critic working overtime. That's a tactic used to wear you down. When you continue to give yourself negative messages like a broken record, you're simply causing yourself to get stuck more deeply.

These beliefs will become ingrained and are much more difficult to overcome.

Your inner critical thoughts also aren't rational. They're outlandish and extreme. In addition, they're usually all or nothing and black and white in their approach. None of us are just one thing. Don't let your inner critic convince you that you're all bad or that nothing you do is right. Those are tricks meant to sabotage your self-esteem.

You may often mistake your inner critic as trying to protect you or work in your best interests. Be careful of that trap. If the messages in your head are trying to convince you they're for the best, are realistic, or are just trying to protect you, take a closer look at them. This might just be self-sabotage disguised in the form of self-protection.



You should also listen to see if you hear the voices of others in your head simply repeating messages influential people may have told you in the past. People such as parents, friends, co-workers, and

even societal influences can often put ideas into our heads that cause us to become doubtful or critical of ourselves. Overcoming these internalized messages can be quite difficult.

Now that you have an idea of what to look for when it comes to identifying your inner critic, you're far more prepared to refute it. Analysing your negative self-talk can be tricky business. In the next chapter, I'll share with you some concrete ways to decide whether the messages your inner thoughts are giving you are realistic or merely ways to keep you stuck in place.

## **Step 2 – Refute Your Critical Thoughts**

You're now armed and ready with some ways to recognize your inner critic. Hopefully, this gives you the confidence to move onto the next step, which is to learn how to refute your critical thoughts. This part can be challenging when you've lived a lifetime of listening to your own negative messages.

Investing the time, effort, and dedication to learn to manage your inner critic will be worth it. Once you discover ways to counter the destructive things your inner critic is telling you, you'll be ready to act on your newfound confidence and power. In this chapter, I'll share with you some concrete tips to counter what your inner meanie is telling you.

After all, these messages are usually destructive and harmful. They may come under the guise of self-protection, but they don't have your best interests at heart. They seek to keep you "safe" by talking you out of pursuing anything new or taking risks. Once you learn to refuse what they're saying, you'll feel empowered to act upon your newfound perspective.

Get ready to take a look at some specific methods for silencing your inner critic. These suggestions will give you a basic arsenal for handling the negative messages you've been giving yourself for

such a long time. You'll discover ways to reframe your thoughts, gain a more realistic perspective, and see your own greatness. Let's get started.

## **Identify Your Patterns**

This first tip is related to our previous chapter on recognizing your inner critic's voice. It involves identifying the patterns of harmful messaging you've been internalizing for your entire life. I've included it here because noting your personal patterns of self-criticism is key to refuting these messages. You must know which types of specific beliefs you've been internalizing so that you can fight them.

We all have our own negative thought patterns. Pay attention to the messages your negative self-talk is sending. Write them down and make a list, if you need to. Look for patterns in the words you tell yourself. Perhaps your inner critic focuses on your appearance or body. Maybe a common theme is your competence. Another area that often faces self-scrutiny is likability. Take note of the patterns you're seeing on a regular basis. You can use that information when refuting your inner critic.

## **Defend Yourself**

When you catch yourself making negative self-statements, make it a habit to defend yourself. This will take time, but it is an effective way to negate the mean messages your inner critic is sending. Try to think of at least one reason why the statement isn't true.

Offer evidence based on what you know about yourself. Ask yourself if the statement in your mind is realistic. If it contains the words "always," "never," or anything similar, it most likely is not realistic. Try to soften this all-or-nothing belief with something that makes more sense. Remind yourself that sometimes you might exhibit that behaviour or trait, but that isn't who you are as a person.

## **Remember Past Successes**

Another way to overcome the nastiness of your critical internal dialogue is to remember your past successes as a means of increasing your confidence. If you find that you're in a dark place and are unable to defend yourself against your inner critic, try to step out of the moment and look back on a time when you were successful or when you overcame an obstacle in your life.

Doing so gives you proof that you do have the ability to succeed, even when you may currently feel the task in front of you is impossible. When you're stuck in a cycle of ruminating and repetitive self-doubt, you can sometimes break through by taking some time to reflect on things you've done well in the past. This momentarily builds your confidence and allows you to move forward, even in the smallest ways. Baby steps might be just the thing you need to ignite your motivation.

## **Be Your Own Cheerleader**

Your inner critic uses harsh words and critique to keep you from moving out of your comfort zone or even feeling comfortable in your own skin. When you become used to cutting yourself down, it can definitely feel foreign to think about building yourself up. However, that's just what you have to do if you want to truly banish your constant negative self-talk.

That's why you must learn to become your own cheerleader. Consider the ways in which you would speak to a friend who may be dealing with a situation similar to your own. Chances are, you wouldn't speak to someone you care about so bluntly. Try to work on treating yourself with the same compassion you'd show a loved one who was in your shoes. Once you've practiced using your inner cheerleader to refute the messages your inner critic sends, you'll be far better prepared to continue doing so in the future. It will start to feel more normal, and you'll start to hear your mean inner dialogue less and less.

## **Reframe Your Thoughts**

Finally, you want to learn to reframe your thoughts. As with the above suggestions and most new habits, this skill will take time and practice to develop. You can start by interrupting your negative thoughts and replacing them with kinder, gentler versions.

For example, when you tell yourself that you're too messed up to ever be successful, turn it around to say that you're simply going through a difficult time. Remind yourself that things aren't permanent and that they will likely change and start to look up once you get past this hurdle.

If you feel like no one cares about you and that you're all alone, refute that by reframing the message you're sending. Think critically and come up with at least one person who is important in your life and who thinks well of you. Chances are, you'll soon discover you're capable of naming even more folks who love you. Reach out to one or more of them if you need further reassurance of your value. Outside perspective can be incredibly useful when it comes to reframing negative thinking.

That's an important lesson to remember about refuting your critical thoughts. You don't have to do it all alone if it feels too overwhelming or difficult at first. You can ask others to share with you what they think your good qualities are or to remind you of a time when you did great things. Reaching out to others you trust is something to consider if you feel stuck in a negative thought cycle.

Start with these strategies when you want to contradict what your inner critic is telling you. They can be a great way to kick-start your confidence and to motivate you when you're feeling trapped or unable to push forward. Refuting your inner critic takes practice. It will get easier.



## Step 3 – Start Taking Action

Now, you're ready to start incorporating all you've learned into daily action that will help you to live your best life without the nagging voice of your inner critic holding you back.

Let's look at some ways you can implement what you've discovered so far into your everyday routine in practical ways that will keep you moving forward and working toward your goals.

### **Acknowledge Your Inner Critic**

First, you can start by acknowledging that your inner critic exists. That doesn't mean you have to accept everything it tells you, and it certainly doesn't mean you shouldn't fight to overcome the effects of its negative messages. However, if you simply accept and acknowledge that you're going to hear this nagging voice from time to time, it will be easier to deal with and to manage its effects.

Sometimes, we let ourselves feel guilty for our self-criticism, which adds to the already harmful emotions we experience due to our inner critic. Instead, embrace your inner critic and just know that it will rear its ugly head now and then. And you will have to work to put it in its place. That's not so hard to do now that you understand it and have the tools in place to manage it.

### **Take Small Steps**

Sometimes, baby steps are the best strategy for implementing new habits. Being gentle with yourself and refuting your inner critic are definitely new ways of behaving for many of us. So, don't think you need to see a monumental change overnight.

Rather, take some baby steps. Practice the skills you learned in the last chapter for refuting your inner critic. Then seek out one small way you can put that knowledge into action. The steps in this chapter are a good place to start.

## Let It Go

One important action you should take in order to take control back from your inner critic is to stop ruminating. Rumination is when you play a message or event over and over again in your head. Your inner critic thrives on this practice.



Now that you know how to recognize your internal critical dialogue, it will be easier to stop it in its tracks, rather than to allow it to go unchecked. When you notice a negative thought creep in, take action to refute it. Then, let it go. Try to stop the cycle so that you can move forward with more productive actions.

## Do Something Productive

Speaking of taking actions, staying busy and doing something productive is a fantastic way to quiet your internal critical voice. Make a list of those small steps I just mentioned and work to add them to your daily routine. If you're busy making progress toward your goals, your inner critic won't be as free to deliver its negative statements.

This doesn't mean you should just be looking for meaningless busy work. Be sure the tasks you choose are ones that will benefit you. You can even take some of what your inner critic is saying to heart. Reflect on the messages and take steps to fix any issues that may be legitimate. Then let the rest go.

### **Consider the Worst-Case Scenario**

Your inner critic just loves to consider the worst-case scenario. Mulling over the very worst thing that could happen is probably one of the things that most fuels your internal critical thoughts. It may seem counterintuitive to suggest using these kinds of thoughts to your advantage but hear me out.

The worst-case scenario is usually something so extreme and outlandish that it's never likely to actually happen. It's also, in many cases, not as bad you make it out to be in your mind. That's why you can actually use the worst-case scenario to your advantage. Think of the very worst thing. Then imagine if it actually happened. Chances are good you'd probably survive it just fine. So, feel free to conjure up that worst-ever thing your mind can imagine next time you're feeling stuck in the clutches of your inner critic. It might just work to push you out of your funk.

### **Keep the Momentum Going**

Once you take one small step, let momentum do its work and keep going. Chances are good that each baby step you take will lead to an increase in confidence and the desire to see additional changes occur.

Also, being proactive shows you that you do have the ability to make change. This is a powerful message when your inner critic is working so hard to convince you that you can't and that you should just remain in place. Keep practicing and making strides, and it will get easier.

Keep these tips in mind when it's time to take action toward silencing your inner critic. You have the power, and you can quiet

the nagging and harmful messages your internal critical thoughts are sending you.

## **Step 4 – Review Your Progress & Celebrate Your Success**

Overcoming your inner critic is no small feat. It requires a great deal of dedication and practice in order to push past some lifelong messages that you've internalized and made a part of who you are.

You're now ready to assess how far you've come and to make sure to reward yourself for your hard work. You understand the origins of your inner critic, how to refute it, and ways to take action to manage it on a daily basis. That's a lot to accomplish in a short time! Let's move on and discuss ways you can ensure your progress continues and that you don't backslide into old habits.

### **Ways to Review Your Progress**

If you don't keep track of your progress, it's easy to fall back into old habits. Progress monitoring helps you to remain mindful of your goal and to take note when things aren't going as planned. When you're working to silence your inner critic, it's imperative to notice when that nagging voice starts creeping in more frequently so that you can make adjustments to what you're doing and take care of the problem quickly.

First, you'll want to assess and evaluate your progress. There are lots of ways to do this. You can write down when your inner critic sneaks in over the period of a month or so to take inventory. You might simply reflect upon whether or not you've noticed a difference in the number of times you find yourself battling your own negative self-talk.

No matter which method you choose, spend some time taking stock of where you are now versus where you were when you begin working to silence your inner critic. Monitoring your progress lets you know how far you've come and how much more work you may have to do. We all progress in our own time. Knowing your progression will ensure that you reach your personal goals.

Next, you'll want to determine which techniques have worked best for you and which you may want to skip. If staying busy and taking baby steps to success are what keep you on track, do more of that. If imagining the worst-case scenario only makes you feel anxious and overwhelmed, drop that strategy from your toolbox.

Move forward using the strategies that fit your lifestyle and personality and that are working for you. Don't forget to stop to monitor your progress on a regular basis to be sure you're on the right path. Make adjustments when necessary.

### **Why Celebrating Success Is Important**

Hopefully, you're now able to see evidence of the progress you're making. It's time to celebrate. Patting yourself on the back and rewarding yourself for a job well done is essential to maintaining momentum.

These celebrations can be small, or you can go big. Do what you feel will motivate you. Buy yourself a small treat when you notice you've kept your inner critic at bay all week. Schedule a getaway with friends once you've reached a goal you once felt was out of reach due to your own internal critical thoughts that kept you from trying.

Celebrating helps you to develop a success mind-set. You'll no longer feel like you can't do anything or that you're unworthy. It will be easier to keep moving forward when you have things to celebrate. Your motivation will be less likely to wane. Keep that momentum going!

You'll also feel better when you're able to see the progress you've made and to celebrate it. Taking concrete actions to recognize your accomplishments allows you to feel like you're making a contribution and being productive. When you feel good, you're more likely to keep going.



So, don't forget to reward yourself. Otherwise, your hard work could be for nothing. You deserve a treat or a prize. You've put in the effort and learned a lot in the process. Self-care is a crucial aspect of achieving any goal and overcoming obstacles.

## Conclusion

Whew! You've made it through all the steps of our eBook. Congratulations! We've covered a lot of territory. It's my hope that you're feeling optimistic and ready to make the changes necessary to silence your inner critic. You have the tools you need. Use them to help keep you on track.

Let's take a moment to recount what we've learned so far. You've come quite a long way toward learning to tame your inner critic. First, you discovered more about this internal critical voice and where it comes from. You now know there can be numerous sources that have led to the self-defeating beliefs you hold. These beliefs can often be long-standing, and they become internalized as part of your self-perception. This is what can make your inner critic so difficult to overcome.

You then took the first step to acknowledge your inner critic. Facing it and learning what to look for in order to recognize this harsh voice is necessary in order to defeat its harmful effects. There are various types of inner critic. Not all may apply to you, but you now know which ones to look out for. You also have a variety of signs to be aware of in order to recognize when your internal critical thoughts are out in full force.

Then came time to take action. I showed you things you can do every day to keep your inner critic at bay. There were a variety of strategies. You can try them all and incorporate the ones that are the most successful for you. What matters most is that you discover healthy ways to recognize and quiet your negative self-talk when it rears its ugly head.

Finally, we looked at ways you can review your progress and celebrate your successes. Many people forget this essential part of achieving a goal, and that can be a big mistake. In order to know if you're making change, you must keep track of your progress and stay mindful of where you are at any given moment. By doing this, you'll be prepared to make adjustments if and when they're needed. By celebrating your successes and rewarding yourself for your achievement, you gain the motivation to keep going and improve your mind-set.

Overcoming your inner critic and proving it wrong is a complex process. As you can see, all the steps come together to lead you to a place in which you are able to pursue the things you desire

without being hindered by nagging doubts and insecurities. You are stronger than your inner critic. You now have the tools to silence it and put it in its place.

Don't hesitate to pull out this book and use it as a resource if you find yourself forgetting anything or falling into old habits. Use the resources at your disposal and don't forget all that you've accomplished so far. You have the power to silence your inner critic once and for all.