



# Silencing the Inner Critic

## A Guide To Fearless Writing

*Restore your peace*  
*Enhance your creative well-being*

# Hello!

Welcome to Your Guide to  
Silencing the Inner Critic.

To quiet this voice, we must first understand it—and perhaps even extend it some compassion. In its own way, the inner critic may be trying to protect us, though not always in a way that serves our creativity. It can stop us in our tracks, amplify our doubts, and make us feel less than. But I assure you, harmony is possible. With awareness and practice, you can quiet the critic, transform its energy, and even put it to good use. Let's begin.



***Are you ready?***

LET'S BEGIN!

*Elizabeth Welles*

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THE WOMEN'S WIND-DOWN  
SERENITY GUIDE

Website: [elizabethwelles.com](http://elizabethwelles.com)

# 1

## Who is this Inner Critic?

Often, it's a collection of voices shaped by past experiences, well-meaning but misguided influences, and our own fears. It can take many forms, including:

- **Echoes of Others:** Words from parents, teachers, or peers who—intentionally or not—planted seeds of doubt.
- **Trauma's Lingering Voice:** Past wounds that instilled a sense of unworthiness or fear of failure.
- **The Voice of Self-Doubt:** That internalized skepticism that questions your abilities and potential.

Though these voices may seem powerful, they are not the truth of who you are. Let's uncover their patterns, loosen their grip, and replace them with something far more supportive.

# 2

## Recognizing The Critic's Patterns

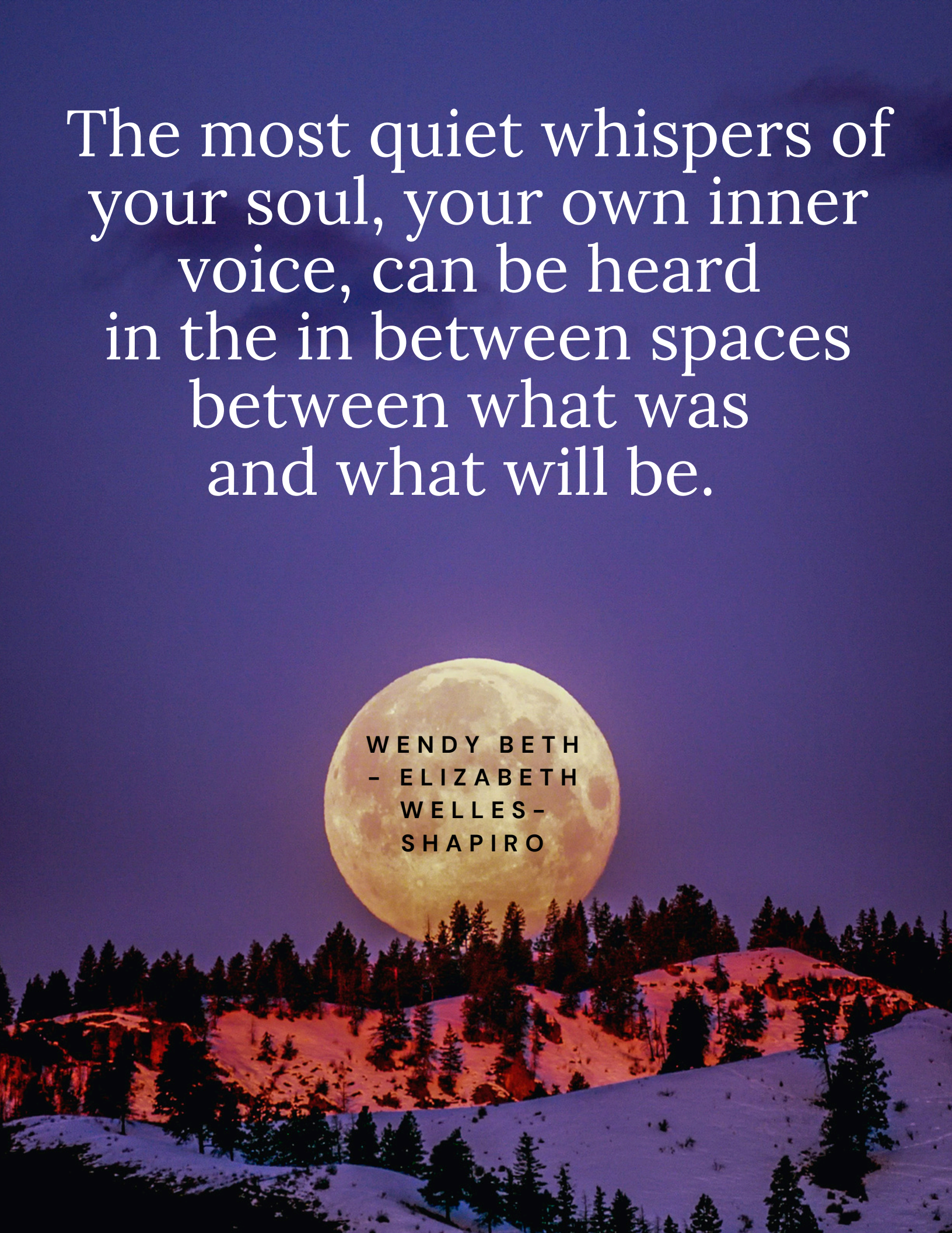
To quiet the critic, start by noticing when and how it shows up. Ask yourself:

- What triggers my inner critic? (Certain tasks, people, or moments of vulnerability?)
- What does it usually say? (Is there a recurring phrase or theme?)
- How does it make me feel? (Does it cause hesitation, anxiety, or frustration?)

A simple way to track this is to jot down these thoughts when they arise.

Awareness is the first step to changing the narrative.

The most quiet whispers of  
your soul, your own inner  
voice, can be heard  
in the in between spaces  
between what was  
and what will be.



WENDY BETH  
- ELIZABETH  
WELLES -  
SHAPIRO

# 3

## Understanding the Inner Critic

### Ways the Inner Critic Shows Up In Writing

#### 1. Perfectionism & Over-Editing

- You can't move past the first sentence because it "isn't good enough."
- You rewrite the same paragraph over and over instead of progressing.
- You feel like your writing must be flawless before you can share it.
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#### 2. Harsh Self-Judgment

- You think, "This is terrible. No one will want to read this."
- You compare yourself to others and feel unworthy.
- You assume that your ideas aren't unique or interesting enough.
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#### 3. Fear of Judgment & Rejection

- You hesitate to share your writing because you're afraid of what others (friends, family, peers) will think.
- You avoid writing certain topics because they feel too personal or vulnerable.

# 4

## Understanding the Inner Critic

### Ways the Inner Critic Shows Up In Writing

#### 4. Procrastination & Avoidance

- You keep putting off writing because you “don’t feel ready.”
- You convince yourself that you need more research, tools, or knowledge before you can start.
- You fill your time with distractions instead of sitting down to write.
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#### 5. Impostor Syndrome

- You feel like a fraud, like you’re not a “real” writer.
- You believe you need external validation (a book deal, a big audience) to prove your worth.
- You downplay your work, thinking it’s “just okay” or not important.
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#### 6. Extreme Self-Censorship

- You delete ideas before they even make it onto the page.
- You second-guess every word, worrying if it’s “the right thing to say.”
- You avoid writing your true thoughts, fearing they are “too much” or “not enough.”

# 5

## Understanding the Inner Critic

### Ways the Inner Critic Shows Up In Writing

#### 7. Negative Inner Dialogue

- “You’ll never finish this.”
- “No one cares what you have to say.”
- “This has been done before, why bother?”
- “You should be better at this by now.”
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#### 8. Feeling Stuck or Paralyzed

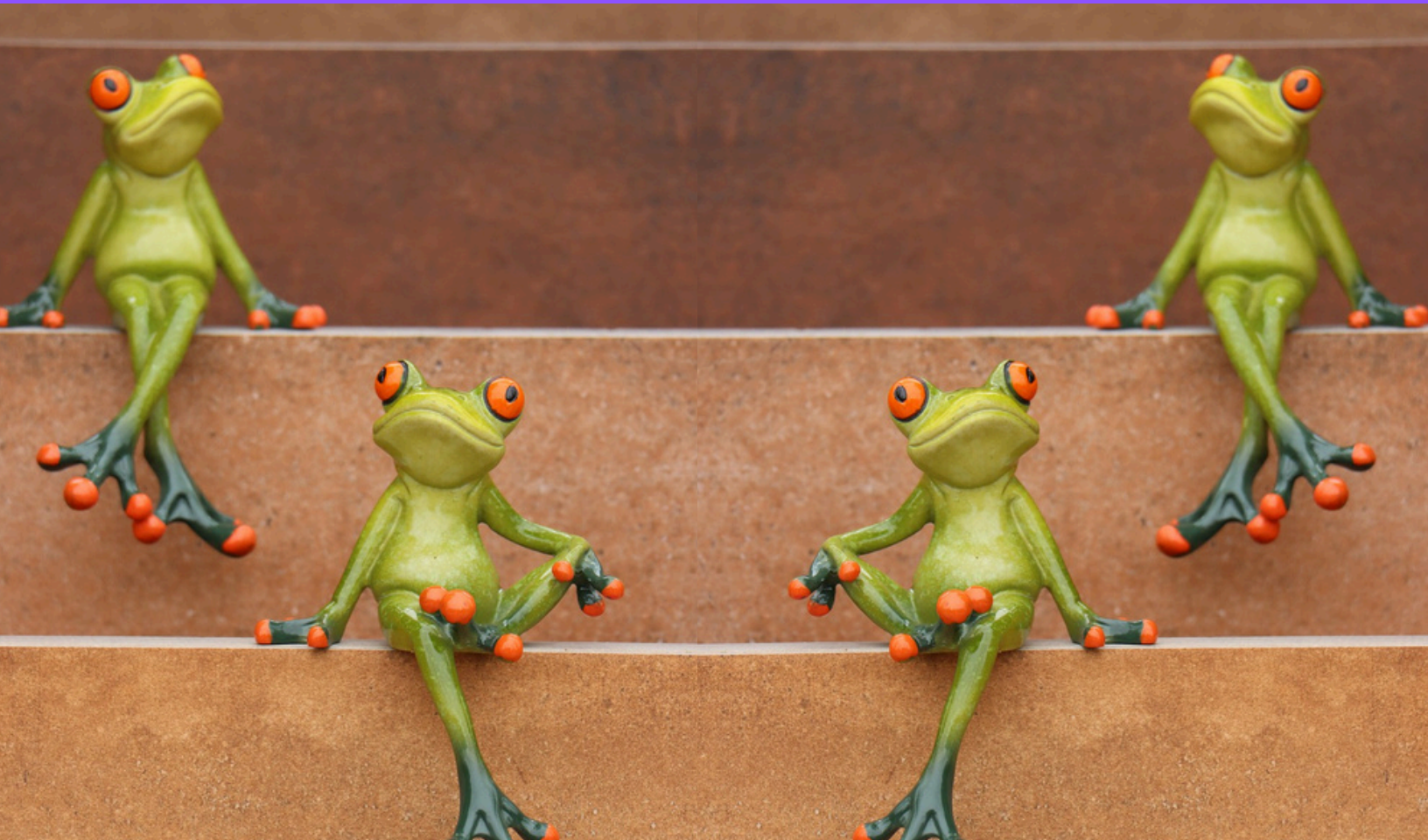
- You can’t decide where to start or how to continue.
- You stare at a blank page but feel overwhelmed.
- Writing, which once brought joy, now feels like pressure.

Recognizing these patterns is the first step to quieting the inner critic and writing with more freedom.

Which of these resonates most with you or the people you work with?

Works of art are of an infinite solitude and no means of approach is so useless as criticism. Only Love can touch and hold them and be fair to them. Always trust yourself and your own feeling as opposed to argumentations, discussions or introductions of that sort. If it turns out that you are wrong, then the natural growth of your inner life will eventually guide you to other insights.

—RAINER MARIA RILKE



# 6

## Practices to Quiet the Inner Critic

### 1. Name & Personify It

Give your inner critic a character—the grumpy editor, a nervous teacher, an overprotective guardian. Then give it a name: George the Grumpy Editor, Nellie the Nervous Teacher, Oscar the Overprotective Guardian. When it shows up, greet it with humor: *“Oh, there you are again. Thanks for coming, now sit down and be quiet.”*

### 2. The ‘Permission to Write’ Letter

Write two letters:

- ✍️ One to your inner critic, acknowledging its presence but set boundaries.
- ✍️ One to yourself, granting yourself full creative freedom.

### 3. Speed Writing Practice

Set a timer for 5 to 10 minutes and write without stopping. No editing, no second-guessing—just let the words flow. Ignore grammar and let go of perfection. Write to write without stopping. What you write does not have to make sense in any way, just write!

# 7

## Reframing the Critic's Voice

Turn self-criticism into constructive feedback with these four steps:

### **Step 1: Identify the Inner Critic's Words**

Write down the negative thoughts exactly as they appear in your mind.

📌 Example:

"This writing is terrible. I have no talent. No one will want to read this." Just get them out of your body and mind, and onto the page.

### **Step 2: Question the Critic**

Challenge the thought that the "writing is terrible" by asking:

- Is this 100% true?
- Would I say this to a friend?
- What's a more supportive way to look at this?

📌 Example:

- "I think I am being too harsh. It cannot be that bad. Maybe it just needs some revision, —not rejection. Maybe I need someone else's eyes on this who I trust and who supports me."

# 8

## Find the Feedback that Nurtures

### Step 3: Reframe with Constructive Feedback That Builds

Replace harsh criticism with encouragement:

✗ "This writing is terrible."

✓ "This is a first draft. Let's find one thing I like and build from there."

✗ "No one will want to read this."

✓ "I'm writing because I have something to say. Let's make it clearer for the right audience."

✗ "I have no talent."

✓ "Writing is a skill. The more I write, the stronger I become."

### Step 4: Use a Supportive Mantra

Repeat an affirmation when the critic appears:

- "Progress, not perfection."
- "Every great writer starts with a rough draft."
- "I am learning and improving with every word I write."

# 9

## Creative Affirmations & Personal Mantras

**Create words that have value for you and carry them with you at all times.**

- ◆ My words have value.
- ◆ My voice matters.
- ◆ Someone needs to hear what I have to say.
- ◆ I write bravely and courageously.
- ◆ Perfection isn't the goal, connection to myself & audience is.

Keep writing!

Listen for feedback that nurtures and builds.

The critical voices likes to tear people down.

So, listen for feedback to build you and your work up.

Ask yourself:

What feeds me?

What nurtures and builds me up?

Move in that direction, and keep on keeping on.

To let each impression and each embryo of a feeling come to completion, entirely in itself, in the dark, in the unsayable, the unconscious beyond the reach of own's own understanding, and with deep humility and patience, to wait for the hour when a new clarity is born. This alone is what it means to live as an artist in understanding as in creating.

—Rainer Maria Rilke



# What's Next?



I hope you enjoyed this journey to fearless writing and to discovering the power of nurturing feedback. It takes time, but as you learn to dance to your own music and the natural rhythm of your writing, the self-knowledge, self-respect, and self-compassion you cultivate will outweigh any critical voice.

Remember, you are a golden bridge for others—through your magical, healing words, your courageous and strong words, and the truth only you can tell. Keep writing, keep trusting, and let your fearless voice shine.

There are many more ways I can help you to find your inner calm, to see your greater vision, to explore your dream, your life, and all the magic in between.

**Living a Healthy, Creative & Compassionate Life.**

**If you're ready for the next steps, here's how we can work together...**

**FIND OUT MORE**

**FIND ME AT:**

- Website: [elizabethwelles.com](http://elizabethwelles.com)
- Website: [yourmiracletime.com](http://yourmiracletime.com)
- [Youtube.com/@createpeace](https://www.youtube.com/@createpeace)

# *Who Am I*

A creator—author, playwright, storyteller, and teacher—dedicated to helping others find their fearless writing voice. As the author of *Journaling for Well-Being & Peace* and *Women Celebrate*, and the creator of the ever-popular courses *How to Rest* and *Writing Through Grief's Open Door*. I know the power of words to heal, transform, and liberate.

If you've felt overwhelmed by self-doubt or silenced by the inner critic, know that you're not alone. The creative path can be messy, but it's also where your truest voice lives. This guide is here to help you reclaim that voice—to step boldly into your power as a writer, unafraid and unapologetic.

Keep writing, keep trusting, and let your fearless voice be heard.

The world needs your story.



***Are you ready?***

LET THE MAGIC BEGIN!

WENDY BETH - ELIZABETH  
WELLES - SHAPIRO

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