

## HANDLING CRITICISM OF THE INNER VOICE

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Just like any unreasonable person who is hell-bent on proving you wrong, the solution to tackling and eventually silencing the “inner critic” is also in having a calm, logical, and resolution-oriented talk with it. Try to enter a calm discussion with it as that will help you identify areas where your approach is not what others expect out of you. It will help you realize where you are going directionless so that things can be brought back to track.



This is where you have to invoke what we had discussed in the beginning – sometimes you have to believe in yourself, simply because nobody else will. This inner voice, or self-critic, is nothing but your voice fighting for a lack of confidence with your ability. The best way to silence it is to prove that you have the skills needed to bring a particular task to its conclusion.