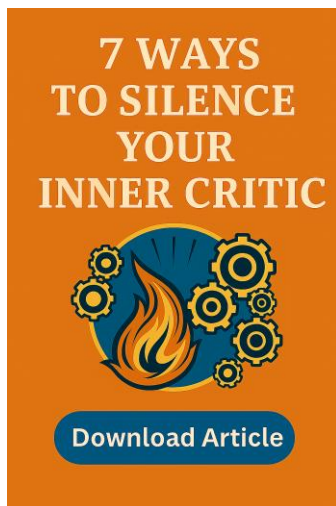




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7 Ways to Silence Your Inner Critic

When you are making your comeback

Your inner critic is loudest at the beginning of a comeback. That voice in your head will question your timing, doubt your motivation, and remind you of every past failure. But the only way to rewrite your story is to reclaim control of that voice—and redirect it toward growth.

Here's how to silence your inner critic and stay focused on the journey forward:

1. Reconnect with Your Why (B – Blueprint)

When starting your comeback, clarity is power.

What triggered your desire for change? Was it a breakdown or a breakthrough? Did it come from pain, a moment of courage, or a long-held dream?

Now ask: Is this goal driven by your internal values, or are you reacting to outside expectations? When your “why” is rooted in personal purpose—not performance—it becomes a force strong enough to quiet any inner critic.

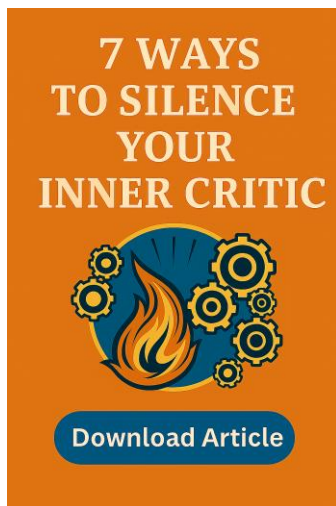
2. Lower the Stakes of Starting (U – Understand)

Perfectionism is the inner critic's favorite trap: 'If you're not going to finish, why even start?' But starting isn't a promise to finish. It's a commitment to try. To learn. To listen. To live.

Your comeback isn't about instant mastery—it's about momentum. Shift your mindset from 'Should I start?' to 'What can I learn from starting?' That subtle shift gives you the freedom to move forward without the weight of finishing.

3. Focus on who you will be (I – Ideal)

Trying new things—even when uncertain—teaches you what you like, what you don't, and who you're becoming.



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Your inner critic may say you're wasting time. But you're collecting data. You're developing wisdom. You're shaping a stronger, more self-aware version of yourself.

Don't get attached to outcomes too early. Get curious. Every experiment in your comeback gives you feedback, and feedback is fuel.

4. Remember: Joy Doesn't Have to Be Earned (L – Lead)

Our inner critic thrives on guilt and shame:

- "You don't have time for this."
- "This won't make you money."
- "Why are you wasting energy on fun?"
- "You F...ed up last time."

But joy is productive. Joy restores. Joy reminds you why life is worth rebuilding in the first place. You don't need to earn your hobbies or justify your passions. Sometimes, joy is the point.

Your comeback isn't just about grinding—it's about reconnecting with what lights you up.

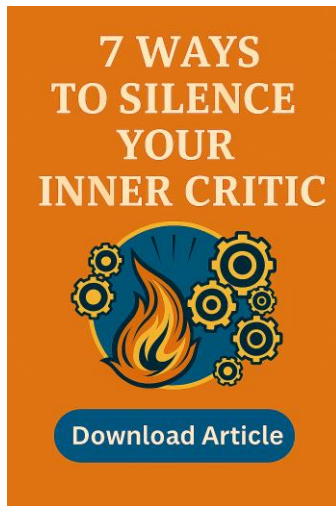
5. Build a Morning System That Starts with Grace (D – Develop)

The inner critic often wakes up before you do. That's why the way you start your morning matters.

Before email. Before news. Before doubt—start with grace:

- Reflect on your intentions
- Reconnect with your vision
- Write down the things you are proud of
- Breathe into the situation

Give your inner voice a new script before it hijacks your day. A comeback begins in the morning—and so does your mindset.



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6. Turn Mistakes Into Meaning (E – Empathy)

Your critic loves shame. It feeds on regret. But the comeback builder uses every misstep as a lesson—not a label.

Instead of beating yourself up, ask: 'What would I tell a friend who made this mistake?'

That's how empathy silences criticism. The critic says you blew it. The comeback mindset says you grew from it.

Let your past inform you, not define you.

7. Release the Need to Prove Anything (R – Release)

The loudest critic inside your head is often trying to prove something to someone else—an old boss, an ex, your younger self, society at large.

But comebacks aren't performance art. They're personal transformations.

You don't need to prove you're worthy. You need to believe it. You're not rebuilding to impress the world—you're rebuilding to reclaim yourself.

The comeback journey isn't quiet. It will trigger doubt, resistance, and self-judgment. But you don't have to listen to every voice in your head. You get to choose the ones that serve your growth.

Silence the critic. Amplify the comeback.

Ready to help your audience rise again?

Book Bill for your next event, retreat, training, or fun time and give your group the spark they need to reset, rebuild, and rise.

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