



Silencing Your Inner Critic

Housekeeping



Learn More

Check out the Resources tab for additional information and resources specific to this session.

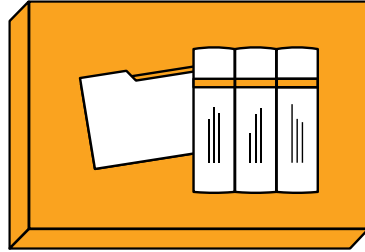


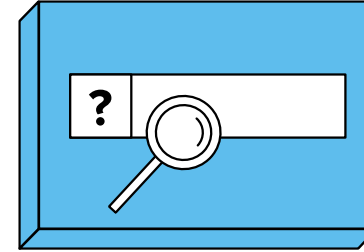
Exhibit Hall

Head to the Exhibit Hall in the main environment to view all of our booths and download resources.



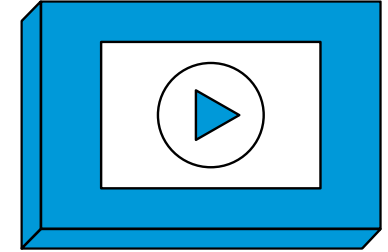
Networking

Connect with your fellow govies in the Lobby chat in the main environment.



Get Answers

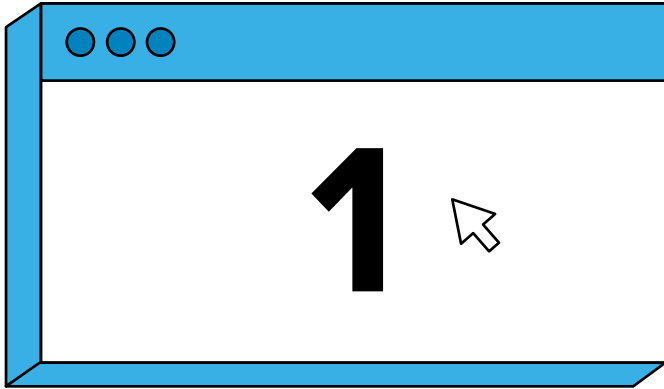
Submit your questions using the Q&A or Chat tab at the bottom of your console. The Q&A tab is also where you can submit technical questions.



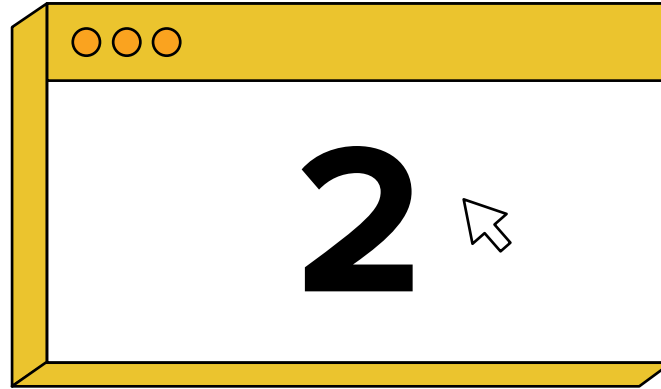
On-Demand

We will email a link to the on-demand version tomorrow. Email us at nextgen@govloop.com if you have any questions.

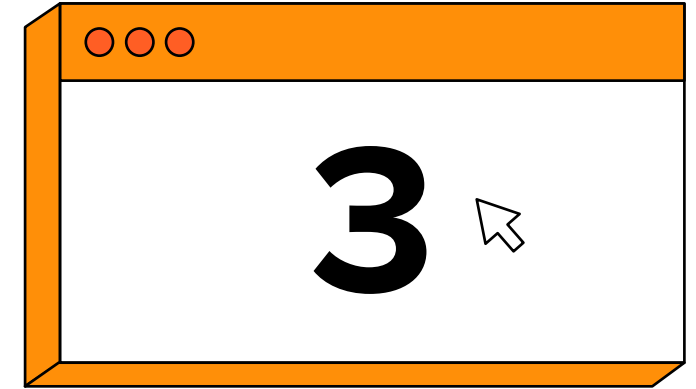
CPE Info



Attend this live online training for the full duration



Take the polls throughout the live training. These will appear as a pop-out window on your screen. Click your response and hit submit.



Complete the evaluation: It can be found in the resource module on this training and in the Resource Center in the main environment.



Carolyn Mooney

Strategist, Enough LLC

The background features a dark blue field with several bright, glowing streaks of yellow and orange light. These streaks are curved and appear to flow across the frame, creating a sense of movement and energy. The light is soft and diffused, blending into the dark background.

SILENCING YOUR INNER CRITIC

Understanding where it comes from and how
to change it

Silencing Your Inner Critic

1

Awareness

Notice the voice—name it.

2

Compassion

Respond as you would to a friend.

3

Choice

Act from values, not fear.



THE VOICE OF THE INNER CRITIC

Harsh Self-Talk

Comparison With Others

Rigid and Absolute Language

WHEN THE INNER CRITIC APPEARS



Uncertainty

When outcomes feel unclear, the mind searches for control and safety.



Visibility

When you are seen or evaluated, self-protection can sound like criticism.



Emotional Risk

When feelings are vulnerable, the critic tries to prevent hurt or rejection.

UNDERSTANDING THE INNER CRITIC



Survival and Self
Protection

Internalized Voices from
Others

Desire to Control and
Imrpove

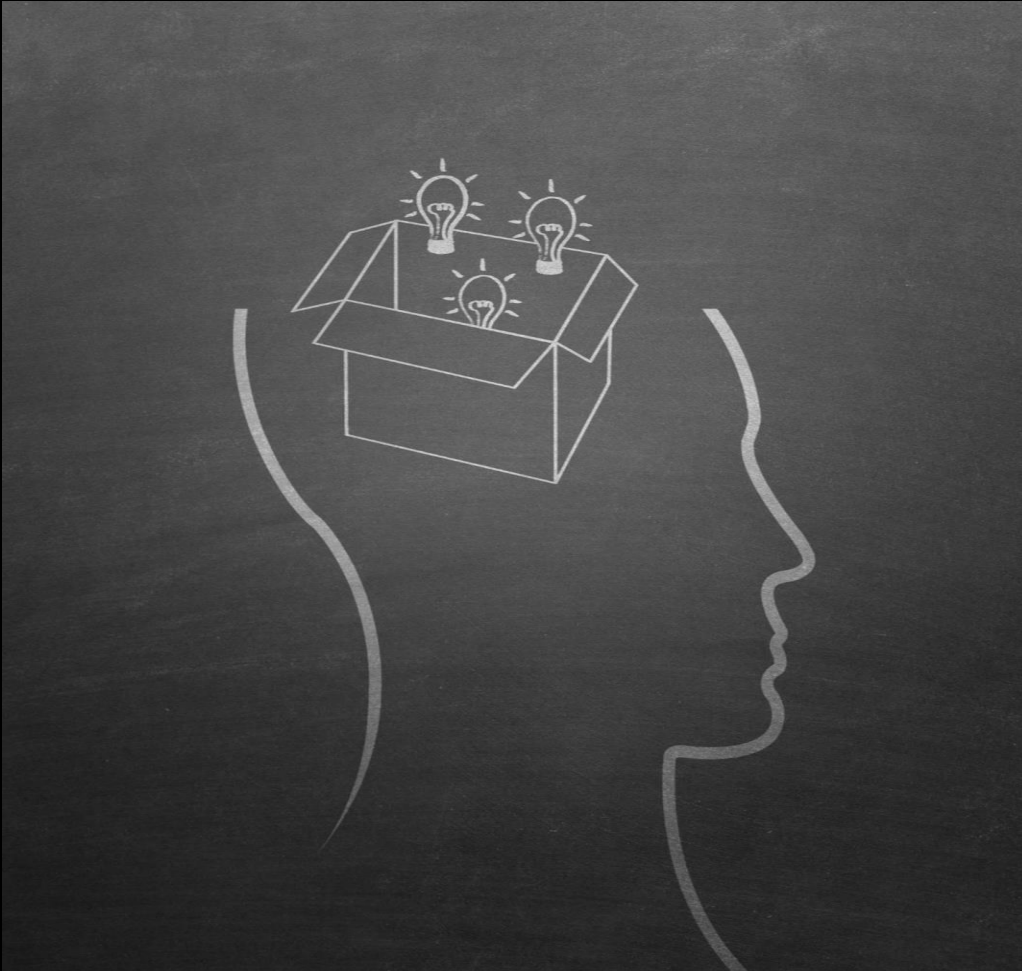
Fear of Rejection and
Shame

THE PRICE OF INNER CRITICISM



- Anxiety and Stress
- Paralysis and Missed Opportunities
- Perfectionism
- Low Self Worth
- Strained Relationships
- Emotional Exhaustion
- A Smaller Life

SILENCING THE INNER CRITIC



- **Label it instead of becoming it**
- **Externalize the voice**
- **Interrogate**
- **Replace harsh with useful**
- **Set limits on rumination**
- **Act before you feel ready**
- **Build a counter voice**
- **Notice trigger patterns**
- **Treat it as overprotection and not truth**



DAILY PRACTICES FOR WELLBEING

Journaling for Clarity

Practicing Self-Compassion

Celebrating Small Wins

Supportive Environment Creation



BENEFITS OF SILENCING THE INNER CRITIC

Boosting Confidence

Clear Decision-Making

Creativity and Growth

Emotional Wellbeing



EMBRACING YOUR TRUE VOICE

- 1. Authentic**
- 2. Self-Reflection**
- 3. Acceptance**

The background features a dark, almost black, central area. On the left and right sides, there are curved, glowing borders. The left border transitions from a bright yellow at the top to a deep blue at the bottom. The right border transitions from a bright yellow at the top to a deep blue at the bottom. The overall effect is that of a stylized, glowing frame or a celestial body's horizon.

THANK YOU

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Up Next

Closing Keynotes from 3pm – 4pm ET

Building Credibility and Trust in Public Service

*Javier Inclan, Assistant Inspector General for Management, National Science Foundation
Office of Inspector General*

The Future of Government Leadership

Traci DiMartini, former Human Capital Officer at the Internal Revenue Service