

Dream - Write - Publish the Story Inside You



BONNIE

Silencing Your Inner Critic

WRITING IN THE MIDST OF THE MESS

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Silencing Your Inner Critic – *and Write as God’s Beloved by Bonnie Gray*

I used to tell myself, “I have to stop being a perfectionist!” Can anyone else hear the irony of those words? One of the biggest traps I often fall into when I try to write is the notion that I can get rid of my inner critic.

*If only I had more confidence in myself . . . If only I could let go of the past . . .
If only I trusted God more . . . If only . . .*

All this *if only* talk doesn’t help me. It only makes the critical voices grow stronger. I criticize myself, whenever I feel inspired to write my story with vulnerability. My focus to overcome my flaws keeps me imprisoned in doubts – and my writing is frozen.

Suddenly, all the great ideas I had suddenly seem flat, boring and stupid. *Might as well pack my bags and call it a day. I’m not a writer. I only think I’m a writer.*

But, Jesus says to you and me – *I still love you. Yes, your idea is good. I know it feels hard, but I will help you. Just look at My gaze, and feel My hand in yours. Yes, we can do it together. Say yes.*

Don’t listen to those critical voices. Step closer to the One who knows you, who created your voice. Don’t listen to the lies. Listen to the truth and it will set your pen free.

The Reasons: Why It Happens

First of all friend, *breathe*. What you’re experiencing is very normal. No matter how many times a writer has written, even for the experienced, if you’re writing something new that you care deeply about, we all struggle with our inner critic. Have you noticed if you’re writing something that isn’t personal like a report or work email, no inner critic, right? Writing from your *head* isn’t as hard as writing from your *heart*. Here’s why:

- **Timing:** You may be putting too much expectation on yourself to perform. Meaning, you’ve given yourself a time-limited goal (like number of words per day or you must finish x by z.) Goals can be helpful, but if it’s causing you more stress, it’s time to let your timing go, so your words can come out.
- **Fear of Criticism:** You may be allowing *others’* expectations of you overwhelm your voice and your creativity. It’s hard to share your ideas if you’re afraid of what others will think of you or critique you.
- **Trying Make It Perfect:** You want everything to be bullet-proof, not allowing room for any words other undeniably right or perfect. This is hard on your heart because you become very critical of yourself. You will feel paralyzed or frozen.

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Open Your Heart: How to Silence our Inner Critic

The key is identifying the LIES of the inner critic, rather than trying to eradicate it. We “silence” our inner critic by choosing the TRUTH of God’s loving voice. In other words, the inner critic voice will fade a little more each time you dare to write. Why? Because writing is daring to believe you are as loved as God says you are!

Don’t wait until the inner critic is gone! Simply write, just as you are! Even with your doubts. I’ve found the voice of inner critic *always* tries to stop me. The newer the step, the louder the inner criticisms become. It’s become so predictable that *I realized it’s a good sign! It means I’m about to do something real and new with Jesus.* It means you and I about to step out of our box of safety and hold onto God’s love instead!

When I struggled with fear to tell my story about my panic attacks, to share how God helped me heal from my childhood trauma through my books [Finding Spiritual Whitespace](#) and [Whispers of Rest](#) – I noticed the Top 7 Lies and Truths that Silenced the Inner Critic. Here they are for you, to open your heart and tell your story as God’s beloved writer!

Top 8 Lies and Truths to Silence the Inner Critic and Write as God’s Beloved

1. Lie: You’re not qualified.

Truth: God’s love qualifies me. I am qualified to tell my story because God who lived it with me, gave me the faith to walk through it, and His love to live it.

It is not that we think we are qualified to do anything on our own.

*But, our qualification comes from God, who also made us adequate as servants of a new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.
2 Corinthians 3:4,5*

2. Lie: What makes your story so special? Aren’t other people’s stories more important?

Truth: My story is important to God. My story is special, God values each moment and wrote all my days in His book. If He thinks it’s worthy to be remembered, so will I!

You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. Psalm 139:16

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3. Lie: Why are you complaining? What you went through wasn’t so bad. Others have had it worse.

Truth: God does not compare wounds. God honors my pain. My whole heart, positive and negative, are wrapped in His complete understanding. There is nothing I can say, nothing that anyone can say about me, that will separate me from God’s love.

*In all these things we are more than conquerors through him who loved us.
For I am convinced that neither death nor life, neither angels nor principalities,
neither the present nor the future, nor any powers, neither height nor depth,
nor anything else in all creation, will be able to separate us from the love of God
that is in Christ Jesus our Lord. Romans 8:37-39*

4. Lie: My book/writing/article won’t be good enough. I’m not good enough.

Truth: God loves what I’m doing anyway!

*If I must boast, I will boast of the things that show my weakness . . .
God’s power works best in my weakness.
2 Corinthians 12:9*

5. Lie: It’s too late.

Truth: It’s never too late. God saves the best for last!

*Everyone brings out the choice wine first and then the cheaper wine . . .
but you have saved the best till now.
John 2:10*

6. Lie: Why bother starting if I can’t finish?

Truth: I don’t know how long this will take, but if God’s in it, I’ll make it!

*. . . being confident of this, that he who began a good work in you will carry
it on to completion until the day of Christ Jesus.
Philippians 1:6*

7. Lie: People won’t like me.

Truth: Not everyone will. It will hurt, but God still thinks I’m wonderful!

*It is a very small thing that I may be examined by you, or by any human court . . .
I do not even examine myself . . . but the one who examines me is the Lord.
1 Corinthians 4:3-4*

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8. Lie: People will hurt me.

Truth: Even if that’s true, hurt won’t be my end. God’s love for me still wins in the end!

You intended to harm me, but God intended it for good . . .
Genesis 50:20

God’s love will never grow tired or weary of you or your journey as a writer. God’s love goes beyond our limits, and nothing — not even your inner critic — can keep God’s love from you. Jesus isn’t looking for perfect people. He’s eager to show us He can make something beautiful out of our lives today.

Give yourself grace, not guilt. Be gentle with yourself. Be kind because you are God’s treasured daughter. Your voice is beautiful and important to Him. Your story matters because you matter to God. You are His beloved.

Dear friend, I’d love to hear what works for you, as you try these soul care tips! Thank you again for subscribing to my newsletter, where I share encouragement to refresh and encourage you! I’m looking forward to hearing all the wonderful ways God’s at work in your life. Connect with me online at <http://thebonniegray.com>, and see on [Facebook](#) and [Instagram](#)! Love, Bonnie



BONNIE GRAY is the author of *Whispers of Rest* and *Finding Spiritual Whitespace*. An inspirational retreat speaker, Bonnie touches thousands of lives helping women through topics of soul care, stress recovery, and emotional healing through storytelling, visual arts, nature, prayer and meditation. Bonnie’s powerful writing is featured on Relevant Magazine, KLOVE, (in)courage, MOPS, and Christianity Today. She lives in California with her husband and their two sons. Follow Bonnie @thebonniegray [Facebook](#) and [Instagram](#). Pull up a chair and enjoy free soul care videos, encouragement, and podcasts.