



Kind Replies to My Inner Critic

Flashcards for Reframing Harsh Self-Talk When social anxiety turns your thoughts against you, these kind replies give your inner voice a gentle reset.

✨ Perfect for:

- Moments of self-doubt after social situations
- Over-apologising, overthinking, or self-blame
- Screenshots, journaling, or quick glances before events



Why This Matters

Your inner critic isn't the truth — it's just your brain trying to protect you in the wrong way.

Social anxiety often sounds like:

"That was so stupid." "You're too much." "You messed everything up."

Let's interrupt that — with compassion.

📱 Ask Navigate Anxiety: 💬 "Can you say something kind to me right now?" 🌐 <https://navigateanxiety.org>





Inner Critic: "I sounded so awkward."

Inner Critic Says:

"I sounded so awkward."

Kind Reply:

"You showed up. That's brave. People remember the connection — not every word."

✨ Being imperfect doesn't cancel your value.

Inner Critic: "I was too quiet."



Inner Critic Says:

"I was too quiet."



Kind Reply:

"Quiet isn't wrong. You don't have to perform to be enough."



Try This:

→ Try: 💬 "Remind me that being quiet is okay."



Inner Critic: "They probably think I'm weird."

1

Inner Critic Says:

"They probably think I'm weird."

2

Kind Reply:

"You don't need to be everyone's favorite to be worthy of belonging. Some people *will* get you — others don't have to."

3

Remember:

✨ You're not for everyone — and that's not a flaw.

Inner Critic: "I messed up that conversation."



Inner Critic Says:

"I messed up that conversation."



Kind Reply:

"You're human. Conversations aren't scripts — they're messy, and that's okay." "You're allowed to stumble and still be lovable."



Get Support:

📱 Ask Navigate Anxiety: 💬 "Help me reframe a moment I can't stop replaying."

...y, I'm feeling anxious
day. How about you?

I'm feeling a bit nervous
How about you?





Inner Critic: "I'm so annoying."

Inner Critic Says:

"I'm so annoying."

1

Remember:

✨ You don't have to shrink to be accepted.

2

3

Kind Reply:

"You're not annoying — you're anxious. And even if you were a little much, that's okay. So are lots of people."

Make Your Own Flashcards

Identify the Thought

Try this journal prompt: 🗣️ What's one harsh thought I had today?

Flip the Script

✍️ Now flip it: What would I say to a friend in the same situation?

Save for Later

✨ Save your favourite kind replies in your phone, journal, or Notes app.

📱 Or ask Navigate Anxiety: 💬 "Help me respond to my inner critic."



Final Note: You're Worth Defending



Thoughts ≠ Facts

Your thoughts are not facts. You don't have to believe everything your inner critic says.



Gentle Protection

💬 These flashcards don't "fix" everything — but they *soften the blow*.



Share the Kindness

🍰 Share this with someone who talks to themselves the way you do.

Because we all deserve a little more kindness inside our heads.

