

Define your inner critic

Instructions: Answer each question by asking yourself, "How often is this true for me?" This is a thinking exercise and a way to look inward for a few minutes. There are no right or wrong answers – and you can tell that to your inner critic!

Scoring:

0 Never 1 Seldom 2 Sometimes 3 Frequently 4 Always

1. I feel like there is something wrong with me. ____
2. I set extremely high standards for myself. ____
3. I feel deeply ashamed of myself. ____
4. I feel terrible about myself when I am out of control. ____
5. When I think of trying something new and challenging, I give up before I begin. ____
6. I push myself to work very hard so I can achieve my goals. ____
7. I can't let go of things I've done or forgive myself. ____
8. I have a hard time feeling OK about myself when I am going against how I was programmed to act as child. ____
9. I burn up a great deal of effort trying to control my impulsive behaviors. ____
10. My self-confidence is so low I don't believe I can succeed at anything. ____
11. I beat myself up when I make a mistake. ____
12. I find it hard to start new projects because it is unacceptable to make mistakes even when I am just learning. ____
13. I feel crushed by a sense of worthlessness. ____
14. There is no end to the things I create for myself to do. ____
15. I have rigid standards for what I can eat and how much. ____
16. I believe that it is safer not to try than to fail. ____
17. I get anxious and self-critical when things don't come out perfectly. ____
18. I feel ashamed when I don't measure up to others' expectations. ____
19. I feel bad because I am too lazy to make it in the world. ____

20. I have a nagging feeling that I am morally bad. ____
21. I feel bad because I can't be what my family or culture expects of me. ____
22. I feel ashamed of my habits. ____
23. I spend too much time on projects trying to make them as good as possible. ____
24. I feel that I don't have what it takes to succeed. ____
25. I know who I ought to be, and I'm hard on myself when I act differently. ____