

How Strong is Your Inner Critic?

(adapted from *Embracing Your Inner Critic* by Hal Stone, Ph.D. & Sidra Stone, Ph.D.)

This rating scale gives an idea of what an Inner Critic sounds like & how it interferes with wellbeing	hardly ever (0)	rarely (1)	sometimes (3)	frequently (5)
1. I wake up at night worried about the mistakes that I made the day before.				
2. I replay conversations after I've had to see what I've done wrong.				
3. I don't like the way my clothes look on me.				
4. When I'm with other people, I wonder if they're critical of me.				
5. I'm cautious about trying anything new because I'm afraid of looking foolish.				
6. I'm afraid people will laugh at me.				
7. I worry about what other people think.				
8. I often feel inferior to other people.				
9. I wish I had a more attractive body.				
10. When I look in the mirror, I check to see what's wrong with me.				
11. When I read over something I've just written, I'm not satisfied with it.				
12. I'm afraid that there's something basically wrong with me.				
13. I wonder what other people would think of me if they knew what I am like underneath.				
14. I compare myself with other people.				
15. I seem to attract judgmental people.				
16. I question my decisions after I have made them and think that I might have done better.				
17. "When I say "No", I feel guilty."				
18. When I take a test like this, I'm sure that I'll look worse than other people.				
19. I avoid taking risks if I can help it.				
20. When I think about self-improvement I feel that there is something wrong with me that needs to be fixed.				
chart: http://delos-inc.com/articles/How_Strong_Is_Your_Inner_Critic.pdf	totals			

Total Points: _____

Scores of 1 - 45 — Small Inner Critic

Scores of 46 - 75 — Medium Sized Critic

Scores of 76 - 100 — Very Strong Inner Critic