

Inner Critic Quiz

Do you want to know which inner critics cause the greater problems for you?
Take the quiz.

For each question below, write the number that corresponds.

- 0 = Never
- 1 = Not often
- 2 = Occasionally
- 3 = Frequently
- 4 = Always

		Never	Not often	Occa'llly	Freq.	Always
1	I feel like there's something inherently wrong with me.					
2	I set high standards for myself.					
3	I feel horrible about myself when I get out of control.					
4	I push myself very hard in order to reach my goals.					
5	I tend to give up before I try.					
6	I'm deeply ashamed of myself.					
7	I have difficulty letting go of things that I have done and can't forgive myself.					
8	I'm hard on myself when I feel as though I'm not acting as I should be.					
9	I put a lot of effort and energy into controlling my impulsive behavior.					
10	I have very low self-confidence and I don't believe I'll succeed at anything.					
11	I beat myself up when I make a mistake.					
12	I have difficulty seeing my strengths.					

13	I have trouble feeling good about myself when I'm not acting how I was raised and told to act when I was growing up.					
14	There's always something that I need to do, there's no end to what I need to do.					
15	I do things to people that I feel guilty about.					
16	There are parts of me that I lose control over and indulge in things that get me into trouble. I then punish myself for it.					
17	It feels safer for me not to try something than it is to fail.					
18	I feel anxious and beat myself up when things don't come out as planned.					
19	I feel ashamed when I don't meet other people's expectations.					
20	I tell myself that if I were a better person then I would take better care of others.					
21	Deep down inside I feel like I shouldn't exist.					
22	I feel bad because I'm too lazy to succeed in the world.					
23	I feel ashamed about my habits.					
24	I spend much more time than needed on a task in order to make it as good as possible.					
25	I feel like I'm a bad person.					
26	I'm trying to overcome my tendency to avoid finishing tasks.					
27	I feel bad because I'm not what my family or culture expects me to be.					
28	I feel like I don't have what it takes to succeed.					

Tally up your numerical answers from the table above in the blanks below and add up each line to get a total score for each group of 4 questions. The higher scores indicate that the corresponding inner critic is causing the greatest trouble in your life.

Perfectionist

Questions 2 _____ + 11 _____ + 18 _____ + 24 _____ = _____

Inner Controller - I have to control everything

Questions 3 _____ + 9 _____ + 16 _____ + 23 _____ = _____

—

Taskmaster - Work, work, work, it's never enough

Questions 4 _____ + 14 _____ + 22 _____ + 26 _____ = _____

Underminer - I'll just stand back and not take risks

Questions 5 _____ + 10 _____ + 17 _____ + 28 _____ = _____

Destroyer - Watch out, it's the destroyer

Questions 1 _____ + 6 _____ + 12 _____ + 21 _____ = _____

Guilt Tripper - Riddled with guilt and "I shoulds"

Questions 7 _____ + 15 _____ + 20 _____ + 25 _____ = _____

Molder - I must fit in

Questions 8 _____ + 13 _____ + 19 _____ + 27 _____ = _____