

# How Self-Critical Are You?

**Are you causing yourself more pain by being too hard on yourself?**

**Most of us can be slightly hard and critical of ourselves and this assessment is designed to help you become kinder on yourself. Take a minute to complete this assessment to evaluate if you are being fair to yourself (which is a great thing), against the self-criticism scale.**

For each of the following statements and questions, indicate the number from 1-5 that best describes how you feel **most** of the time. Please write your answers down and be as honest as possible, as your true answers are only going to benefit you.

1-Strongly disagree; 2- Disagree; 3 - Neutral; 4 – Agree; 5 - Strongly Agree

1. You are not happy with your life.
2. It is hard for you to maintain friendships.
3. Do you tend to notice little details in people like their style, the kind of belts they wear?
4. Do you often think about the mistakes you've made in the past?
5. Do you have a hard time forgiving yourself when you make a mistake?
6. Do you want your work to be flawless before you consider it finished?
7. Do you think people will think less of you if you make a mistake?
8. Do you tend to get very hurt by other people's criticism about you?

9. If you fail at your work, do you feel you have failed as a person?
10. If you can't do something to perfection, do you feel you shouldn't do it at all?
11. Do you think asking for help is indicative of weakness?
12. Do you think if you make a mistake you should be upset about it?
13. If someone disagrees with you, do you believe he/she doesn't like you?
14. If you don't do your best all the time, do you feel people won't respect you?
15. If you aren't always there for your friends, do you feel like you don't deserve them?

Now that you have answered the questions, go back and add up your score.

A total score of 31 and above indicates a high level of self-criticism, 18-30 is average, 17 and below indicates a low level of self-criticism.

Now if you are at the higher end of the scale, DO NOT STRESS, knowledge is power if you do something about it. If you would like to reduce these scores so you can reduce the [stress levels](#) which are contributing to your pain, we can help [click here](#) for a [complimentary 15-minute consultation](#) so we can best advise.

"You carry so much love in your heart, give some to yourself"

**Reference:**

Liya Panayotova (Mar 27, 2016). How Self-Critical Are You?. Retrieved Dec 09 2019, from Explorable.com: <https://explorable.com/e/how-self-critical-are-you>