



# WHO IS YOUR BIGGEST INNER CRITIC?

Meet Your Seven Inner Critics



Brought to you by Gabrielle Bailey  
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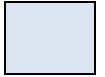
## WHO IS YOUR BIGGEST INNER CRITIC?

This questionnaire will help you determine which of the seven types of critics are problems for you. It is short and easy, not more than six minutes. After reading each statement write the number that corresponds to the following:

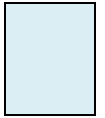
0= Never, 1= Not often, 2= Occasionally, 3= Frequently, 4= Always

- |   |                          |
|---|--------------------------|
| 1. I feel I am intrinsically flawed.  | <input type="checkbox"/> |
| 2. I set high standards for myself.   | <input type="checkbox"/> |
| 3. I feel terrible about myself when I get out of control.  | <input type="checkbox"/> |
| 4. I push myself to work very hard so I can achieve my goals.   | <input type="checkbox"/> |
| 5. When I think of trying something new and challenging, I give up before I begin.                              | <input type="checkbox"/> |
| 6. I am ashamed of everything about myself.   | <input type="checkbox"/> |
| 7. I am troubled by something I have done that I cannot forgive myself for.                                     | <input type="checkbox"/> |
| 8. I know who I ought to be and I am hard on myself when I act differently.                                     | <input type="checkbox"/> |
| 9. I expend a great deal of effort trying to control my impulsive behavior.                                     | <input type="checkbox"/> |
| 10. My self-confidence is so low that I don't believe I can succeed at anything.                                | <input type="checkbox"/> |
| 11. I attack myself when I make a mistake.  | <input type="checkbox"/> |
| 12. I have trouble holding onto a positive sense of self.   | <input type="checkbox"/> |
| 13. I have a hard time feeling ok about myself when I'm not acting in accordance with my childhood programming. | <input type="checkbox"/> |
| 14. There is no end to the things I have to do.   | <input type="checkbox"/> |

15. I do things to people that I feel terribly guilty for.



16. There are indulgent parts of me that take over and get me into trouble and then I punish myself for it.



17. I believe it is safer not to try than to fail.



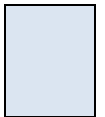
18. I get anxious and self-critical when things don't come out just right.



19. I feel ashamed when I don't measure up to others' expectations.



20. I tell myself that if I was a good person I would take better care of the people I care about.



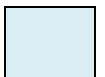
21. At a deep level I feel I don't have a right to exist.



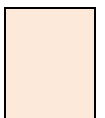
22. I feel bad because I am too lazy to really make it in the world.



23. I feel ashamed of some of my habits.



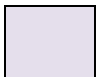
24. I spend much more time than is needed on a project in order to make it as good as possible.



25. I have a nagging feeling that I am bad.



26. I try really hard to overcome my tendency to avoid doing tasks.



27. I feel bad because I can't be what my family or culture expects of me.



28. I feel that I don't have what it takes to succeed.



Your scores will be automatically filled out in the table below. This gives you a numerical score from 0-16 for each of the seven types of Critics. The higher your score the louder that inner critic voice.

Questions	2	<input type="text"/>	+	11	<input type="text"/>	+	18	<input type="text"/>	+	24	<input type="text"/>	=	<input type="text"/>	PATTIE PERFECTIONIST
Questions	3	<input type="text"/>	+	9	<input type="text"/>	+	16	<input type="text"/>	+	23	<input type="text"/>	=	<input type="text"/>	CONNIE CONTROLLER
Questions	4	<input type="text"/>	+	14	<input type="text"/>	+	22	<input type="text"/>	+	26	<input type="text"/>	=	<input type="text"/>	TESSIE TASK MASTER
Questions	5	<input type="text"/>	+	10	<input type="text"/>	+	17	<input type="text"/>	+	28	<input type="text"/>	=	<input type="text"/>	OLGA UNDERMINER
Questions	1	<input type="text"/>	+	6	<input type="text"/>	+	12	<input type="text"/>	+	21	<input type="text"/>	=	<input type="text"/>	DOT DESTROYER
Questions	7	<input type="text"/>	+	15	<input type="text"/>	+	20	<input type="text"/>	+	25	<input type="text"/>	=	<input type="text"/>	GERTIE GUILT TRIPPER
Questions	8	<input type="text"/>	+	13	<input type="text"/>	+	19	<input type="text"/>	+	27	<input type="text"/>	=	<input type="text"/>	MOLLY MOLDER

If you scored 9 or higher for your Critic, there is a good chance that it is the one causing problems for you. Those for which you scored 7 or 8 might be problematic. Those with scores 7 or less are less likely to be troublesome.

Please **SAVE** a copy of your results so we can de-brief them at a later date.

Thank you for taking the quiz!

Here's a brief description about each Inner Voice that influences your inner parent voice. They all function and interact in different ways, and we CAN learn to manage them, reducing their impact in our lives

## **PARENT VOICE OF THE INNER CRITIC....with extra examples**

Yes **YOUR INNER CRITIC**....the part that judges you, demeans you, tells you who you should be, what you should do, undermining your self-confidence, creating doubt and making you feel bad about yourself.

We all have a number of "critics" who function in different ways to motivate and control us. Strange as it may seem, the Inner Critic Parent is actually trying to help and protect ourselves as much as our children.

May I introduce them to you?

**PATTY PERFECTIONIST**...has high standards of behavior, for performance and production. When you don't meet her standards, she attacks you by saying your work isn't good enough. This makes it hard to finish projects and even to get started.

Patty might say, "That's wonderful that you got 85%, what else could you have done to get 100%?"

**CONNIE CONTROLLER**...tries to control your impulsive behaviors (e.g. overeating, getting enraged, using drugs or other indulgent behavior). It's usually a constant battle with that part of you. She shames you after you binge, use, or react with rage.

Connie might say, "Who ate ALL the chips? You always gorge everything then wonder why you're sick"

**TESSIE TASKMASTER**...wants you to be successful, so she tries to get you to work hard. She says you are lazy stupid or incompetent as a form of motivation. Another part of you will procrastinate in order to avoid her threat or rejection.

Tessie might say, "Get off that ipad now, go do your homework! You have to study or you won't get the trophy again this year."

**OLGA UNDERMINER**...tries to undermine your self-confidence and self-esteem so you won't take risks that might end in failure. She tells you that you are worthless, inadequate and will never amount to anything. She may try to prevent you from getting too big, or powerful and visible in order to avoid threat of attack or rejection.

Olga might say, "Are you sure you want to go in the cross country? Those kids are bigger than you and you'll feel awful if you come last!"

**DOT DESTROYER**... can be a crushing force that wipes out your vitality, or be a pervasive negativity that stamps out any sign of creativity, spontaneity, or desire. She attacks your fundamental self-worth, is deeply shaming and tells you shouldn't exist.

Dot might say, "You never tidy your room, always late, don't do anything to help out, always on your phone, in trouble at school, you won't amount to anything!"

**GERTIE GUILT TRIPPER**... can attack you for violating a deeply held value. She might attack you for a specific action you took (or didn't take) in the past that was harmful to someone you care about. She might also make you feel guilty for repeated behaviours that are considered unacceptable in an attempt to get you to stop. She constantly makes you feel bad and never forgives, and you can feel like you've been hit in the chest with a hammer.

Gertie might say, "You are so mean saying that! After all he's done for you and you continue to badmouth him! When are you ever going to get over it?"

**MOLLY MOLDER**...can be kind, caring and a bit aggressive as she tries to get you to fit into a family or societal standard. She attacks when you don't fit in and praises you when you do, determining what you should do in any given moment.

Dot might say, "You never tidy your room, always late, don't do anything to help out, always on your phone, in trouble at school, you won't amount to anything!"

IF YOU FIND ANY OF THESE SOUND LIKE YOU, IT'S YOUR INNER PARENT VOICES AT WORK! They quite often support each other, or take turns in being the loudest. Can you identify these below? Perfectionist, Controller, Taskmaster, Under-miner, Destroyer, Guilt tripper, Molder.

"I know you can do better. You do try hard but.....we'll have to find out what the problem is by taking you to a specialist."

"Who do you think you are? Don't think I'm going to tolerate that behavior"

"You can forget about hanging out with ...., you don't want to turn out like them do you?"

"Shut up, you don't know what you're talking about."

"Are you definite about that? You've got it wrong before this."

"How many times do I have to explain it to you? Are you deaf or something?"

"Watch out, you'll break that again."

"I wish you were never born. I don't have a career, you weren't planned, now you're father's left me."

"You're just like your (father, mother, or somebody who the parent and/ or family complain about all the time for a particular fault.)"

"I come home from work, and look at the place! You kids just don't care about anyone. You don't appreciate all we do for you."

"Well congratulations! You stupid idiot, can't even get that right, might as well give up, can't do any more damage now. You're such a loser!"

"Don't worry, about listening to me, I'm just the mother. I'm only here to cook and clean. Nothing I say even matters."

"When you're under my roof you'll do as I say. I'm in charge here, and the rules are different. So shape up. You're not getting away with things like you do at your (other parent's place)"

"I don't want to upset you, but come out of your room and eat at the table. We want to have some quality time with you. That's what loving families do."

"You're so lazy, you make my life more difficult. What about taking some responsibility for a change?"

"I let you guys do what you wanted. All I wanted was to do was one thing for me and you can't even let it happen."

"Can you change your clothes into something nicer. We don't want to look like the homeless. After all Pa said, "It's not what you know, it's who you know".

"Who are you texting all the time? Why won't you show me? I demand you give the password now! Ok I'll keep the phone until you tell me the password"

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You've now been introduced to the **Seven Inner Critics**, and identified as the main culprits, those relentless voices, that dominates your thoughts, feelings and actions. The choice is yours now, and what you might be able to do about them.

You've come this far, and I'm here to support you as you navigate the Inner Critic Maze, giving you some simple strategies to re-claim your inner power and confidence.

It might help to know about them, recognise your habits and patterns, and even celebrate all the successes you've had ignoring them or shutting them up!

Truthfully though, how effective or permanent has that method been for you?

**Here's the link to book just an hour with me, that will make a life time of difference for only \$120 (valued at \$150).**

<https://calendly.com/gabrielle-35/de-brief-your-inner-critic-1>

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My little reminder....You're Practically Perfect In Every Way.  
Gabrielle