



WHO IS YOUR BIGGEST INNER CRITIC?

Meet Your Seven Inner Critics



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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.



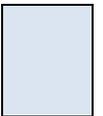
18. I get anxious and self-critical when things don't come out just right.



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.



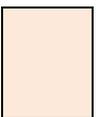
22. I feel bad because I am too lazy to really make it in the world.



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.

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. The Inner Critic Voice is actually trying to help us in different situations, protecting us from feeling the pain we have been avoiding and ignoring. It will continue until we reclaim the power we have given to it.

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.

CONNIE CONTROLLER... tries to control your impulsive behaviors (e.g. over eating, 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.

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.

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.

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.

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.

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.

You've now been introduced to the **Seven Inner Critics**, and identified the main culprits... those relentless voices, that dominate 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>

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

Gabrielle