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How Strong is Your Inner Critic?

AN INDIVIDUAL RATING OF THE POWER OF YOUR INNER CRITIC. www.mentalhealthworksheets.com

By Matt Stumm, Ph.D. or Sander Stumm, Ph.D.

This is a 20-item self-report scale of:
 Narcissism (N) Machiavellianism (M) Psychopathy (P)
 Range of 7 - 40 — Total Score (Total)
 Range of 46 - 72 — Machiavellianism (M)
 Range of 76 - 100 — Narcissism (N)

PLEASE NOTE: This is not a standardized psychological test.

Read each statement and rate how often you think about it, or how often you feel that way. Circle your answer to each item on the scale below. The total score is the sum of all 20 items. Each item is scored as follows: 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always.

	Never (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
1. I look up to and respect those who are older than I am.					
2. I envy successful people for the freedom to do what they want.					
3. I look for reasons to believe that others are better than I am.					
4. When I'm with other people, I wonder if they're serious about me.					
5. The number of compliments and flattery I receive is a reflection of my ability.					
6. The people I work with respect me.					
7. I worry about what other people think.					
8. I attract attention from other people.					
9. I make a habit of attracting attention.					
10. When I look in the mirror, I look better than I really am.					
11. When I look in the mirror, I look worse than I really am.					
12. The things I do for my family are not enough for me to feel satisfied.					
13. I wonder what other people would think if they really knew about me and my behavior.					
14. I compare myself with other people.					
15. I want to stand out from other people.					

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The Critic Inside You Worksheet

You can overcome these thoughts and tackle your fears by knowing where they come from, building confidence, taking action, and disapproving of their validity.

Step 1- Identify your fears and inner critic voice (the stories you tell to yourself)

Example: I am a failure at work. I will never be able to make enough money to support my family. I am not educated.

Step 2- How did you learn these fears

Step 3- On a scale of 1-10, how grounded in reality are your fears? 1 being not real at all, ten being very real.

Believing in yourself is also going to help you overcome your fear.

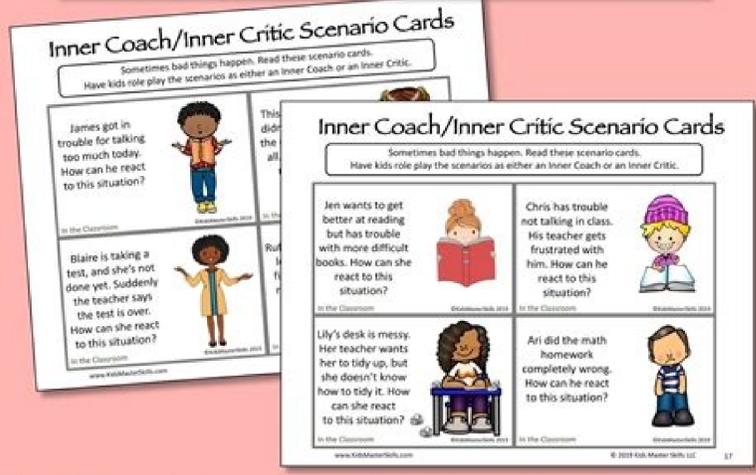
What are 2-3 positive affirmations that you can say to negate your inner critic?

Inner Critic: I am not good enough to go to work
 Affirmation: I am good enough and deserve a chance

Positive Self-Talk



40 Cards Inner Coach OR Inner Critic?



❖ 40 Scenario cards and seven activities to help children be Inner Coaches!
www.KidsMasterSkills.com

Inner Coach/Inner Critic Statements (1)

Read what these children are saying. Decide if they are Inner Coaches or Inner Critics. Draw a line to match the pictures to the right choice.



INNER COACH

INNER CRITIC

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