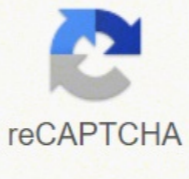




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### How Strong is Your Inner Critic?

AN INDIVIDUAL RATING OF THE POWER OF YOUR INNER CRITIC. [www.mentalhealthworksheets.com](http://www.mentalhealthworksheets.com)

By Matt Stuss, Ph.D. & Mike Stuss, Ph.D.

This is a 20-item self-report scale of:  
 Nervousness (N)    Depression (D)    Frustration (F)  
 Anxiety (A)    Sadness (S)    Self-Doubt (SD)  
 Fear (F)    Guilt (G)    Shame (SH)  
 Anger (AN)    Hatred (H)    Dislike (DL)

PLEASE NOTE: This is not a standardized psychological test.

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Item	Back (N)	Depression (D)	Frustration (F)	Anxiety (A)	Sadness (S)	Self-Doubt (SD)	Fear (F)	Guilt (G)	Shame (SH)	Anger (AN)	Hatred (H)	Dislike (DL)
1. I look up to other people, their accomplishments, and their lives.												
2. I envy other people's lives, their possessions, their abilities, or their success.												
3. I look up to other people, their lives, their accomplishments, and their success.												
4. When I see other people, I wonder if they're better off than I am.												
5. The world is always out there, waiting for me to fail.												
6. The world is out there, waiting for me to fail.												
7. I worry about what other people think.												
8. I worry about what other people think.												
9. I worry about what other people think.												
10. I wish I had more attractive traits.												
11. When I look in the mirror, I look worse than I really am.												
12. When I look in the mirror, I look worse than I really am.												
13. The world is out there, waiting for me to fail.												
14. I wonder what other people would think if they really knew about me.												
15. I wonder what other people would think if they really knew about me.												
16. I worry about what other people think.												
17. I worry about what other people think.												

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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.

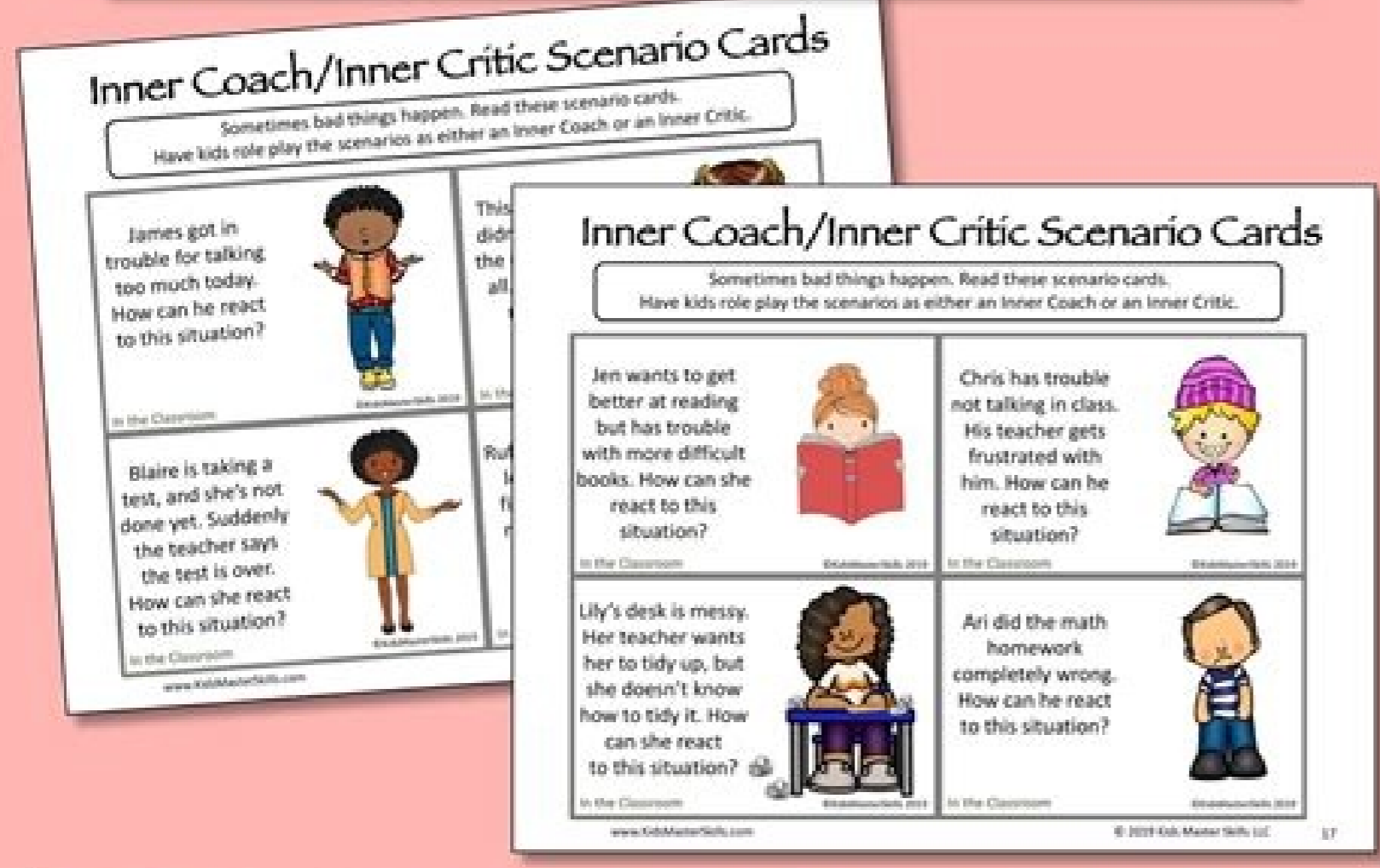
What are 2-3 positive affirmations that you can say to negate your inner critic?

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](http://www.KidsMasterSkills.com)

### Inner Coach/Inner Critic Statements (I)

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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