

# Identifying Your Inner Critic: A Self-Assessment Guide

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Here are some questions to help you identify the voice of your inner critic. As you go through the questions, note which ones resonate with you the most. The questions that feel most relevant to you are likely the ways your inner critic usually manifests.

## Perfectionist

- Do you often set extremely high standards for yourself?
- How do you react when you make a mistake or fall short of your expectations?

## Inner Controller

- Do you frequently suppress your desires or impulses out of fear of failure or judgment?
- How often do you feel guilty or ashamed for acting on your natural instincts or desires?

## Workhorse

- Do you have difficulty relaxing or taking breaks from work or tasks?
- How do you feel when you achieve a goal or milestone? Are you able to enjoy your success, or do you immediately move on to the next task?

## Suppressor

- Are you resistant to trying new things or taking risks?
- How do you react to failure or setbacks? Do you see them as opportunities for growth, or as confirmation of your fears?

## Destroyer

- Do you often feel ashamed or guilty about who you are as a person?
- How does this shame or guilt manifest in your behavior or self-talk?

## Guilt Tripper

- Do you frequently dwell on past mistakes or critical moments?
- How do you handle feelings of guilt or regret? Do you forgive yourself easily, or do you find it difficult to move on?

## Adapter

- Do you feel a constant need to adapt or change yourself to fit in with others?
- How do you feel in social situations? Are you able to be authentic, or do you often feel like you're wearing a mask?

