

Your Critical Inner Voice

What is your critical inner voice saying to you?

- You're a bad person.
- You're worthless. Nobody is going to love you.
- You'll never be a success. You can't do anything right.
- You'll never be good enough.
- _____ (Fill in the blank)

KEY POINT!!!

First, these statements are not true!! This is not the truth about you.

We've been talking about the Wounded Inner Child. You may wonder how the critical inner voice relates to the Wounded Inner Child.

Children who have experienced some form of trauma, especially attachment trauma or abuse, internalize the trauma and become self-critical and sometimes even develop self-hatred.

When the trauma is caused by another person who has made the child feel bad, unworthy, imperfect or different, the strong Inner Critic (a part of the wounded child), takes over the role of continuing to judge you, demean you, and tell you how bad you are.

Long after the trauma has passed, the child, now an adult will continue to hear the critical voices and messages. They will continue acting in ways that limiting and even self-sabotaging. The critical inner voice continues to undermine your self-confidence and make you feel bad about yourself.

We all struggle with negative messages from inside us. Those who have been traumatized have a stronger critical inner voice than others.

This quiz will give you more information about the different type of Inner Critics and how to begin the healing process.

Answer each question by asking yourself, "how often is this true for me?" Answer with the first thing that comes to mind. It is important that you answer all questions without giving them a lot of thought.

Questions from Self-Therapy Journey

I set extremely high standards for myself.

Never Seldom Sometimes Frequently Always

I feel terrible about myself when my eating gets out of control.

Never Seldom Sometimes Frequently Always

I push myself to work very hard so I can achieve my goals.

Never Seldom Sometimes Frequently Always

When I think of trying something new and challenging, I give up before I begin.

Never Seldom Sometimes Frequently Always

I do things to people that I feel guilty for.

Never Seldom Sometimes Frequently Always

I feel deeply ashamed of myself.

Never Seldom Sometimes Frequently Always

I have a hard time feeling OK about myself when I'm not acting in accordance with my childhood programming.

Never Seldom Sometimes Frequently Always

I expend a great deal of effort trying to control my impulsive eating.

Never Seldom Sometimes Frequently Always

My self-confidence is so low that I don't believe I can succeed at anything.

Never Seldom Sometimes Frequently Always

I feel like I am fundamentally flawed.

Never Seldom Sometimes Frequently Always

It is hard for me to start on new projects because it is unacceptable to make mistakes even when I am just learning.

Never Seldom Sometimes Frequently Always

I feel crushed by a sense of worthlessness.

Never Seldom Sometimes Frequently Always

There is no end to the things I create for myself to do.

Never Seldom Sometimes Frequently Always

I tell myself that, if I were a good person, I would take better care of people.

Never Seldom Sometimes Frequently Always

I have rigid standards for what I can eat and how much.

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

I have problems finishing projects I start.

Never Seldom Sometimes Frequently Always

I have a nagging feeling that I am morally bad.

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

I feel ashamed of my eating habits.

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

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

Never Seldom Sometimes Frequently Always

I am troubled by something I have done that I cannot forgive myself for.

Never Seldom Sometimes Frequently Always

I know who I ought to be, and I'm hard on myself when I act differently.

Never Seldom Sometimes Frequently Always

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