

## **Self-Criticising/Attacking & Self-Reassuring Scale**

When things go wrong in our lives or don't work out as we hoped, and we feel we could have done better, we sometimes have *negative* and *self-critical* thoughts and feelings. These may take the form of feeling worthless, useless or inferior etc. However, people can also try to be supportive of themselves. Below are a series of thoughts and feelings that people sometimes have. Read each statement carefully and circle the number that best describes how much each statement is true for you.

Please use the scale below:

Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me
0	1	2	3	4

### **When things go wrong for me:**

1. I am easily disappointed with myself.	0	1	2	3	4
2. There is a part of me that puts me down.	0	1	2	3	4
3. I am able to remind myself of positive things about myself	0	1	2	3	4
4. I find it difficult to control my anger and frustration at myself.	0	1	2	3	4
5. I find it easy to forgive myself	0	1	2	3	4
6. There is a part of me that feels I am not good enough.	0	1	2	3	4
7. I feel beaten down by my own self-critical thoughts.	0	1	2	3	4
8. I still like being me.	0	1	2	3	4
9. I have become so angry with myself that I want to hurt or injure myself.	0	1	2	3	4
10. I have a sense of disgust with myself.	0	1	2	3	4
11. I can still feel lovable and acceptable.	0	1	2	3	4
12. I stop caring about myself.	0	1	2	3	4
13. I find it easy to like myself.	0	1	2	3	4
14. I remember and dwell on my failings.	0	1	2	3	4
15. I call myself names.	0	1	2	3	4
16. I am gentle and supportive with myself.	0	1	2	3	4
17. I can't accept failures and setbacks without feeling inadequate.	0	1	2	3	4
18. I think I deserve my self-criticism.	0	1	2	3	4
19. I am able to care and look after myself.	0	1	2	3	4
20. There is a part of me that wants to get rids of the bits I don't like.	0	1	2	3	4
21. I encourage myself for the future.	0	1	2	3	4
22. I do not like being me.	0	1	2	3	4