

# Challenging SELF-CRITICISM

## Self-Criticism

Self-criticism can be beneficial as it allows for the acknowledgement of and learning from one's failures.

However, when it becomes excessive, and overshadows one's ability to thrive, this could lead to depression, social anxiety, self-esteem issues, or feelings of worthlessness.



## Where could the self-criticism come from?

Whether they come from early childhood experiences and environment or past traumatic events, self-criticism are often deeply rooted. Other common sources of self-criticism could include societal pressure from valuing performance and achievement.

Self-criticism could also act as a defence mechanism in protecting ourselves against the potential criticism from others. Some people can be naturally prone to self-criticism due to personality traits such as being highly conscientious or more emotionally sensitive.



## How would challenging self-critical thoughts help?

Take a step back and observe your thoughts and emotions without judgment. Allow yourself a more objective and comprehensive perspective.

This invites healthy solutions, instead of self-critical thoughts that can be defeatist and overwhelmingly negative.



# Challenging SELF-CRITICISM

Activity duration: 3 minutes  
Suggested frequency: Daily

## SITUATION

Who were you with? What were you doing? Where were you?  
When did it happen?

*Example: Yesterday, my supervisor called me for a meeting where she praised my new colleague and asked for my opinion on their work.*

## EMOTIONS OR BODY SENSATIONS

What did you feel?  
(Rate intensity 0-100%)

*Example: Disappointment (60%), sadness (70%). Tightness in my stomach, slight headache.*

## SELF-CRITICAL THOUGHTS

What went through your mind?  
(Rate degree of belief 0-100%)

*Example: Why didn't she praise me instead? She must think my colleague is better than me.*

## ALTERNATIVE PERSPECTIVES

What other ways are there of looking at these thoughts?

*Example: My supervisor trusts me enough to ask. I appreciate my opinion being valued.*

## OUTCOME

How do you feel now?  
(Rate degree of belief in each thought now 0-100%)

*Example: Disappointment (30%), sense of acceptance (50%).*