

Self-Criticism Tracker

NOTICE · UNDERSTAND · RESPOND DIFFERENTLY

Self-criticism can be automatic and hard to notice. This tracker helps you become more aware of your inner critic, understand its impact, and practise a kinder, more balanced response.

WEEK OF _____ MY INTENTION THIS WEEK _____

DATE / TIME	SITUATION What was happening?	SELF-CRITICAL THOUGHT What did I say to myself? Be specific.	INTENSITY (0-10)	EMOTION(S) What did I feel?	SCREEN FOR THINKING ERRORS See list below	KINDER, BALANCED RESPONSE What would I say to a friend?
			0 1 2 3 4 5 6 7 8 9 10		☐ Catastrophising ☐ All-or-nothing ☐ Overgeneralising ☐ Mind reading ☐ Should statements ☐ Other:	
			0 1 2 3 4 5 6 7 8 9 10		☐ Catastrophising ☐ All-or-nothing ☐ Overgeneralising ☐ Mind reading ☐ Should statements ☐ Other:	
			0 1 2 3 4 5 6 7 8 9 10		☐ Catastrophising ☐ All-or-nothing ☐ Overgeneralising ☐ Mind reading ☐ Should statements ☐ Other:	
			0 1 2 3 4 5 6 7 8 9 10		☐ Catastrophising ☐ All-or-nothing ☐ Overgeneralising ☐ Mind reading ☐ Should statements ☐ Other:	
			0 1 2 3 4 5 6 7 8 9 10		☐ Catastrophising ☐ All-or-nothing ☐ Overgeneralising ☐ Mind reading ☐ Should statements ☐ Other:	
			0 1 2 3 4 5 6 7 8 9 10		☐ Catastrophising ☐ All-or-nothing ☐ Overgeneralising ☐ Mind reading ☐ Should statements ☐ Other:	

COMMON THEMES

What patterns do you notice in your self-criticism?

- ☐ Perfectionism
- ☐ Fear of failure
- ☐ Appearance / body image
- ☐ Relationships
- ☐ Work / school performance
- ☐ Comparing myself to others
- ☐ Feeling like a burden
- ☐ Not being good enough
- ☐ Needing to be in control

Other: _____

IMPACT

How does self-criticism affect you?

- ☐ Low mood
- ☐ Increased anxiety
- ☐ Reduced motivation
- ☐ Avoidance
- ☐ Difficulty sleeping
- ☐ Strained relationships
- ☐ Physical tension or stress
- ☐ Feeling ashamed

Other: _____

ALTERNATIVE PERSPECTIVE

Reminders to keep in mind:

- ☐ I am doing my best with what I have.
- ☐ It's okay to make mistakes.
- ☐ I can be compassionate and still strive to grow.
- ☐ My worth is not based on productivity or perfection.
- ☐ I can notice the inner critic without believing it.
- ☐ I would speak to a friend more kindly.
- ☐ Progress, not perfection, is enough.

Other: _____

TIPS FOR RESPONDING

When you notice self-criticism, try to:

- Pause and take a breath.
- Notice and name the thought (e.g. "This is self-criticism").
- Check the evidence — is it 100% true?
- Consider a more balanced perspective.
- Speak to yourself as you would to a friend.
- Focus on what you can do now.
- Acknowledge your effort and strengths.
- Choose self-compassion over self-judgment.

WEEKLY REFLECTION

What did I learn about my self-criticism this week?

What was challenging?

What would I like to do differently next week?

"You are not your thoughts. You are the one who notices them."

A KINDER INNER VOICE SUPPORTS A STRONGER, MORE RESILIENT YOU.

SELF-COMPASSION CHECK-IN

How kind was I to myself this week? (0 = not at all, 10 = very kind)

0 1 2 3 4 5 6 7 8 9 10

One thing I did well this week:

One kind thing I will say to myself next week:

SOURCES

Neff, K. (2011). *Self-Compassion: The Proven Power of Being Kind to Yourself*. Guilford Press.
Beck, J. S. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.). Guilford Press.