

I get critical and angry with myself:

Yes

No

To make sure I keep up my standards.

To stop myself being happy.

To show I care about my mistakes.

Because if I punish myself I feel better.

To stop me being lazy.

To harm part of myself.

To keep myself in check.

To punish myself for my mistakes.

To stop me getting overconfident.

To stop me being angry with others.

To make me concentrate.

To gain reassurance from others.

To prevent future embarrassments.