

Are You Criticizing Yourself Too Much?



Sometimes, many times in fact, we are our own harshest critics. This can make it tough to get through the day, if you never give yourself a break. One thing to keep in mind if you have an especially harsh inner dialogue going on is that you may have standards in the workplace for yourself that are unrealistically high. This can set up a negative psychological state that is hard to be free of.

Here are some questions to ask yourself to assess how harshly you criticize yourself from *The Bully at Work* by Ruth and Gary Namie:

When you make an error or an oversight at work, do you criticize yourself harshly?

Before important meetings, job interviews or work assignments, are your thoughts negative—do you focus on all that might go wrong?

When you are running late, do you bombard yourself with harsh criticism, even before anyone else notices you are late?

Do you worry you will be found out and others will discover you're not really able to do what is expected of you?

Do you lie awake criticizing yourself for anything that went wrong during the day, even though you didn't have much control over what happened?

Have you ever said or thought to yourself that you are your own worst critic?

The Namies say that if you answer yes to even just one of these questions, then your inner critique is in overdrive.