

Worry Self-Talk

The conversations that go on in your head can cause you tremendous amounts of anxiety.

Answer the following questions to explore the type of negative self-talk you engage. Circle the 3, 2, or 1 for each item (be honest!) and then add your scores to get your totals.

	True	Sometimes True	NOT True
I worry all the time	3	2	1
I imagine the worst case scenario	3	2	1
I worry about what might happen	3	2	1
I worry about being embarrassed	3	2	1
I anticipate the worst	3	2	1

Worry Wart Scale = _____

I judge myself	3	2	1
I evaluate my behavior	3	2	1
I focus on my flaws	3	2	1
I compare myself with others	3	2	1
I ignore my positive qualities	3	2	1

Critic Scale = _____

I believe I'm not doing enough	3	2	1
I feel like I should be working harder	3	2	1
I hate making mistakes	3	2	1
I feel burned out pursuing my goals	3	2	1
I say "I should, or could, or would ..."	3	2	1

Perfectionist Scale = _____

The Scales on which you scored high, indicates the type of negative self-talk that happens in your head and heightens your anxiety. Transfer your totals below. The Range is 5 (not at all) to 15 (a lot!)

Worry Wart _____ Critic _____ Perfectionist _____

What are your observations about the results? _____
