assessment of self-criticism & self-compassion

over the last week or other agreed time period:

1.) how self-critical or self-attacking have you been to yourself?

 0
 1
 2
 3
 4
 5
 6
 7
 8
 9
 10

 not at all
 extremely

2.) how much have you agreed intellectually that self-criticism/self-attacking is unhelpful?

0 1 2 3 4 5 6 7 8 9 10 not at all

3.) how much have you tried to reduce self-criticism and encourage self-kindness to yourself?

0 1 2 3 4 5 6 7 8 9 10 not at all

4.) how kind and encouraging have you actually managed to be to yourself?

0 1 2 3 4 5 6 7 8 9 10 not at all