



**EXPLORABLE**  
*Think Outside The Box*

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## Are You Negatively Impacted?

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A lot of us are highly self-critical but how is being self-critical affecting us?

As you already know, self-criticism can be productive in moderation, but in higher doses it can cause serious damages to one's mental health, goal-setting, and interpersonal relationships.

**EXPLORABLE**  
*Quiz Time!*

Quiz: Psychology 101 Part 2

Quiz: Psychology 101 Part 2

Quiz: Flags in Europe

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## How Do You Talk to Yourself?

To gain a better understanding of how self-criticism is impacting you, do a quick check of how often, or how many times in the last few days, you said to yourself something like, "I should", "I must", "I should have", "If only I".

Can you remember an inner voice reprimanding you for making a mistake, telling you that you are useless, you can't do anything right?

## Checklist

Self-criticism may be affecting you negatively if you know that you:

- 1.

Get very defensive when criticized

2. Procrastinate
3. Are eager to please others
4. Highly criticize others
5. Feel hopeless or worthless
6. Feel guilty
7. Feel unworthy and do not expect your needs to be met
8. Take everything personally
9. Have a difficult time opening up to people
10. Believe that self-criticism will pave the path to your success

If you answered “yes” to most or all of the above, self-criticism is affecting you negatively and it’s time to change that.

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