



THE
INNER CRITIC
QUIZ

SIMPLY BE | COACHING & HEALING

Instructions

Answer the following questions as honestly as you can, based on how you typically respond when you're under stress or feeling activated — not how you wish you would respond.

You may select more than one answer if multiple options resonate.

There are 20 questions in total.

At the end of the quiz, you'll find simple scoring instructions to help you identify your TOP dominant Inner Critics.

If you feel stuck between answers, choose the one that feels most familiar or emotionally charged.

There are no right or wrong answers.

This quiz is about awareness, not judgment.

Question 1

When you begin something new...

- a** “It must be perfect.”
- b** “I need to control everything first.”
- c** “Let’s get this done immediately.”
- d** “Let me think it through again.”
- e** “Something will go wrong eventually.”
- f** “I don’t have enough time/resources.”
- g** “I’ll start later.”
- h** “I hope they approve of this.”
- i** “I don’t want to deal with this.”

Question 2

When you feel stressed...

- a** You correct or fix things more.
- b** You take control of the situation.
- c** You work harder.
- d** You overthink every detail.
- e** You predict the worst outcome.
- f** You worry about losing resources.
- g** You avoid or distract.
- h** You adjust to keep people happy.
- i** You shut down emotionally.

Question 3

When someone criticizes you...

- a** You feel ashamed of being “wrong.”
- b** You become defensive or tighten control.
- c** You work even harder to compensate.
- d** You analyze every word they said.
- e** You assume they’ll criticize you again later.
- f** You fear you’re losing something valuable.
- g** You withdraw or hide.
- h** You change yourself to be more liked.
- i** You go cold or detached.

Question 4

When you fail at something...

- a** You should've done it perfectly.
- b** You should've managed it better.
- c** You should've worked harder.
- d** You should've thought more carefully.
- e** You think failure was inevitable.
- f** You fear you'll lose what little you have.
- g** You stop trying.
- h** You feel less worthy than others.
- i** You isolate to avoid feeling anything.

Question 5

In relationships...

- a** You try to be “good enough.”
- b** You try to control dynamics.
- c** You take on too much responsibility.
- d** You overthink everything you say.
- e** You expect disappointment.
- f** You fear there won’t be enough love/support.
- g** You pull away or avoid intimacy.
- h** You morph into who they want.
- i** You keep your walls up.

Question 6

When making decisions...

- a** You choose the most “correct” option.
- b** You try to control every variable.
- c** You decide quickly to keep moving.
- d** You hesitate or second-guess.
- e** You fear future failure.
- f** You analyze resources before deciding.
- g** You delay or avoid choosing.
- h** You choose what others prefer.
- i** You withdraw from decision-making.

Question 7

Your biggest fear is...

- a** Being wrong.
- b** Losing control.
- c** Being unproductive or lazy.
- d** Making the wrong choice.
- e** The future falling apart.
- f** Not having enough.
- g** Failing or being exposed.
- h** Being rejected.
- i** Being vulnerable.

Question 8

Your self-talk sounds like...

- a** “Do better.”
- b** “Take control.”
- c** “Work harder.”
- d** “What if...?”
- e** “This won’t go well.”
- f** “There’s not enough.”
- g** “Not now... maybe later.”
- h** “I should be more like them.”
- i** “Feel nothing.”

Question 9

How do you respond to opportunities?

- a** “I’m not ready.”
- b** “I need more control.”
- c** “Yes — let’s go.”
- d** “Let me analyze more.”
- e** “It might fail.”
- f** “I don’t have enough resources.”
- g** “I’ll think about it later.”
- h** “Will people like me if I do this?”
- i** “I’d rather stay distant.”

Question 10

How do you respond to success?

- a** “Could’ve been better.”
- b** “Maintain control.”
- c** “Now work harder.”
- d** “Are you sure it was good?”
- e** “It won’t last.”
- f** “It’s not enough.”
- g** “You don’t deserve it.”
- h** “Will they still like me?”
- i** “Don’t feel too much.”

Question 11

At work, your biggest issue is...

- a** Perfectionism
- b** Micromanaging
- c** Overworking
- d** Overthinking
- e** Pessimism
- f** Scarcity worry
- g** Avoidance
- h** Comparison
- i** Emotional detachment

Question 12

When overwhelmed...

- a** You strive to perfect
- b** You control.
- c** You push.
- d** You overthink.
- e** You catastrophize.
- f** You fear losing resources.
- g** You hide or escape.
- h** You people-please.
- i** You go numb.

Question 13

About money...

- a** You must earn it perfectly.
- b** You must control every cent.
- c** You must work hard to “deserve” it.
- d** You think endlessly before decisions.
- e** You fear financial collapse.
- f** You fear never having enough.
- g** You avoid financial tasks.
- h** You compare your financial status to others.
- i** You emotionally detach from money.

Question 14

Your emotional pattern is...

- a** Criticizing yourself
- b** Controlling emotions
- c** Overworking to avoid feeling
- d** Overthinking emotions
- e** Expecting bad outcomes
- f** Scarcity-based panic
- g** Avoiding emotions
- h** Changing to keep peace
- i** Shutting feelings down entirely

Question 15

Under pressure...

- a** You over-perfect
- b** You over-control
- c** You overwork
- d** You overthink
- e** You over-worry
- f** You over-save/hoard
- g** You over-avoid
- h** You over-please
- i** You over-isolate

Question 16

Conflict makes you...

- a** Try to be perfect
- b** Dominate or control
- c** Fix everything
- d** Rehearse conversations
- e** Assume the worst
- f** Fear loss
- g** Withdraw
- h** Change personality to fit
- i** Go silent

Question 17

When facing change...

- a** You fear doing it wrong
- b** You need control first
- c** You want to take action immediately
- d** You need time to think
- e** You expect a negative outcome
- f** You worry about lack of resources
- g** You avoid or freeze
- h** You adapt to others' expectations
- i** You detach emotionally

Question 18

Your core childhood wound sounds like...

- a** “Be good.”
- b** “Be in control.”
- c** “Be useful.”
- d** “Be careful.”
- e** “Be prepared.”
- f** “Don’t ask for too much.”
- g** “Don’t be a problem.”
- h** “Fit in.”
- i** “Handle it yourself.”

Question 19

Your coping mechanism is...

- a** Critiquing
- b** Controlling
- c** Doing
- d** Thinking
- e** Predicting
- f** Conserving
- g** Avoiding
- h** Adapting
- i** Withholding

Question 20

When you're under stress, what do you secretly wish someone else would do for you?

- a** Reassure me that I'm doing it right and that I haven't failed.
- b** Take charge and make decisions so I don't have to hold everything together.
- c** Step in and help without me having to ask or explain.
- d** Tell me exactly what the best choice is so I don't mess it up.
- e** Reassure me that things will work out and the worst-case scenario won't happen.
- f** Provide security or resources so I don't have to worry about running out.
- g** Give me space, relief, or an escape from the pressure for a while.
- h** Accept me as I am so I don't have to change or prove myself.
- i** Let me stay strong and composed without pushing me to open up.

Scoring

Count how many of each letter you selected:
The letter you had MOST is your **current** critic.

a

EXAMINER

b

MANAGER

c

STRIVER

d

QUESTIONER

e

FORECASTER

f

SKEPTIC

g

WANDERER

h

ADAPTER

i

PROTECTOR

If two results are tied:

You're not broken or "between types." It simply means more than one part has been active.

To find your primary voice for now, ask:

- Which one feels most present right now?
- Which one has been influencing my recent decisions or energy?
- Which name creates the strongest reaction in my body?

Start with the one that feels most alive in this moment.

You can always work with the other later.

Think of these voices like layers, not labels. You're not choosing who you are, you're noticing who's currently holding the microphone.

Tallying Area

Learn More

- a EXAMINER
- b MANAGER
- c STRIVER
- d QUESTIONER
- e FORECASTER
- f SKEPTIC
- g WANDERER
- h ADAPTER
- i PROTECTOR

Curious what your results are pointing to?

Schedule a conversation with me.

**We'll look at your Inner Critic patterns
and how to begin shifting them into an Inner Coach.**

If it feels aligned, I'll share how we can work together.