

# SELF CRITICAL

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*Self Critical is when we become excessively tough on ourselves. We lose self compassion and become intolerant and very down on ourselves. This is very destructive and may be a part of the depression cluster. Setting high standards and striving to achieve them is good but if we "punish" ourselves when we fail to meet our expectations we create a downward spiral.*

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## PRACTICE TIPS

It is good to have high and realistic standards and to strive for improvement. However, if you are criticising yourself on small and insignificant issues please be sure to address this with a professional.



Again, self compassion and acceptance are powerful perspectives to maintain.