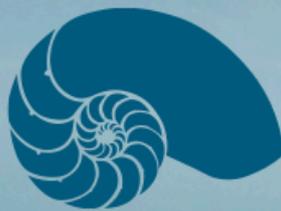


THE SELF-TALK SNAPSHOT

A look at how your inner voice responds
to pressure, mistakes, and uncertainty



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A reflective self-assessment

Self-Talk Survey

Introduction

If you're here, it means you're curious about how self-talk shapes your experience, especially under pressure. That curiosity is the first step.

We all have an inner voice running in the background of our lives, influencing how we interpret challenges, mistakes, and success. Learning how that voice operates is one of the most practical steps you can take toward greater agency and possibility.

About This Assessment

This brief self-talk snapshot isn't designed to diagnose you or label your mindset.

It's simply a way to notice how your inner voice tends to show up, especially in moments of pressure, uncertainty, or high expectations.

There are no "good" or "bad" results here. What matters isn't the score itself, but what you notice, and what you choose to do with that information.

Instructions

Read each statement and rate how true it is for you most of the time, especially during stress, change, or high expectations.

Answer quickly and honestly. Your first reaction is usually the most accurate.

1-5 scale:

- 1 = Not at all true
- 2 = Rarely true
- 3 = Sometimes true
- 4 = Often true
- 5 = Almost always true

Quiz Questions (20 total)

The Critical Voice

| | not at all true | rarely true | sometimes true | often true | almost always true |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | 1 | 2 | 3 | 4 | 5 |
| 1. I'm quick to point out what I did wrong, even when things mostly go well. | <input type="radio"/> |
| 2. My inner voice tends to be harsher with me than I would ever be with someone else. | <input type="radio"/> |
| 3. When I make a mistake, my first reaction is self-criticism rather than curiosity. | <input type="radio"/> |
| 4. I mentally replay conversations or decisions and focus on what I should have done differently. | <input type="radio"/> |
| 5. My thoughts often jump to worst-case interpretations of my performance. | <input type="radio"/> |

Doubt & Second-Guessing

| | not at all true | rarely true | sometimes true | often true | almost always true |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | 1 | 2 | 3 | 4 | 5 |
| 6. I frequently question whether I'm doing enough, even when others say I am. | <input type="radio"/> |
| 7. I assume others are more confident, capable, or put-together than I am. | <input type="radio"/> |
| 8. Before or after important moments, my thoughts focus on what could go wrong. | <input type="radio"/> |
| 9. I downplay my strengths and focus on perceived shortcomings. | <input type="radio"/> |
| 10. I often feel like I'm "behind" in some area of my life. | <input type="radio"/> |

Quiz Questions Continued

Pressure & Emotional Impact

| | not at all true | rarely true | sometimes true | often true | almost always true |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | 1 | 2 | 3 | 4 | 5 |
| 11. Under stress, my inner dialogue becomes louder and more demanding. | <input type="radio"/> |
| 12. My thoughts create tension or anxiety in my body. | <input type="radio"/> |
| 13. I motivate myself using pressure, guilt, or fear of disappointing others. | <input type="radio"/> |
| 14. Even when I succeed, my mind quickly moves on to the next thing I need to fix. | <input type="radio"/> |
| 15. I feel mentally exhausted by my own internal commentary. | <input type="radio"/> |

Awareness & Skill (reverse-scored)

| | not at all true | rarely true | sometimes true | often true | almost always true |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | 5 | 4 | 3 | 2 | 1 |
| 16. I can notice when my thoughts are unhelpful and shift them intentionally. | <input type="radio"/> |
| 17. My inner voice is generally supportive when I'm learning something new. | <input type="radio"/> |
| 18. I know how to respond to negative thoughts without trying to silence or fight them. | <input type="radio"/> |
| 19. I treat mistakes as information rather than evidence of failure. | <input type="radio"/> |
| 20. My self-talk helps me feel grounded and capable under pressure. | <input type="radio"/> |

Scoring Guide

How to Score

1. Add together all responses within each section
2. *Note:* Section 4 is reverse-scored. Be sure to apply the reversed scale when calculating this section
3. Combine the section totals to determine your overall score
4. Refer to the next page to interpret what your score means

Maximum Possible Score: 100

Score Sheet

| Section | Section Score (Add all points) | |
|---|-----------------------------------|----------------------------------|
| The Critical Voice | <input type="text"/> | } Add for Final Score |
| Doubt & Second-Guessing | <input type="text"/> | |
| Pressure & Emotional Impact | <input type="text"/> | |
| Awareness & Skill (reverse-scored) | <input type="text"/> | |
| | | <input type="text"/> |

Scoring Interpretation

80–100: Your Inner Critic Is Working Overtime

Your self-talk is likely working overtime, especially under pressure. Thoughts may feel critical, demanding, or difficult to escape.

This doesn't mean you lack confidence or resilience; it usually means your brain relies on outdated protective strategies that create unnecessary stress.

60–79: High Functioning, High Friction

You likely appear capable and successful on the outside while managing significant internal pressure on the inside. Your self-talk may push you forward, but at a cost.

This profile is extremely common among thoughtful, driven people who care deeply about doing things well.

Below 60: Emerging Self-Talk Skills

You've begun developing a more supportive internal dialogue, or you've learned how to interrupt unhelpful patterns some of the time.

There's always room to strengthen this skill, especially in high-stakes or emotionally charged situations. Overall, though, your self-talk is more supportive than most, contributing to greater resilience, emotional stability, success, and happiness.

Before moving on, there are a few important things to understand about what your results actually reflect.

Self-Talk Background

If your results surprised you, or simply put words to something you've felt for a long time, you're not alone.

Most people are never taught how self-talk actually works.

The human brain is designed for efficiency and protection. It scans for potential problems, anticipates risks, and tries to prevent mistakes before they happen. Over time, those well-intended protective thoughts can become fast, automatic habit loops, especially in people who are thoughtful, capable, and motivated.

That's why harsh or demanding self-talk is so common among high-functioning adults.

It isn't a sign that you're negative, broken, or lacking confidence. It's a sign that your brain is doing its job, just without updated instructions.

One of the most important distinctions to understand is this:

Self-talk is not a personality trait. It's a skill.

Some people were unintentionally taught more supportive internal habits early on. Most were not. And even those who appear confident and capable often carry far more internal pressure than anyone realizes.

The goal of working with self-talk isn't to silence your thoughts, override them with positivity, or pretend everything is fine. Those approaches tend to backfire, because the brain doesn't respond well to force.

The real work is learning how to relate to your inner voice differently so it can inform you without overwhelming you, and motivate you without running on fear.

What your results offer isn't a verdict, they're information.

And information, when used skillfully, creates opportunity.

In the days ahead, I'll share more about how to work with this inner voice in ways that support clarity, resilience, and well-being, especially under pressure.

For now, the most important takeaway is this:

Nothing about your results means you're doing life wrong. (And even those with strong self-talk skills can benefit from additional strategies, especially when the pressure is high.)

Your results simply point to where your attention - and self-compassion - might be most useful.



Thank you!

Want more inspiration like this? Head to **ultimateyou-coaching.com** and subscribe to the newsletter for weekly health and wellness strategies, inspiration, and mindset shifts.

If you'd like to explore your self-talk habits in greater depth, email me at the address below to set up a **complementary 30-minute Personal Growth Roadmap Session**. We'll clarify what's getting in your way and map out your journey forward.

If books are your thing, discover **Your Best Year Yet**, a fresh, practical guide to personal growth featuring 52 weekly challenges designed to help you break old patterns, build empowering habits, and live with greater intention. Available now on Amazon!



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