



## THE FUNCTIONS OF SELF-CRITICIZING/ATTACKING SCALE (FSCS)

There can be many reasons why people become critical and angry with themselves. Read each statement carefully and circle the number that best describes how much each statement is true for you.

Use the scale below.

Not at all like me 0	A little bit like me 1	Moderately like me 2	Quite a bit like me 3	Extremely like me 4
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### I get critical and angry with myself:

- |                                                  |   |   |   |   |   |
|--------------------------------------------------|---|---|---|---|---|
| 1. To make sure I keep up my standards.          | 0 | 1 | 2 | 3 | 4 |
| 2. To stop myself being happy.                   | 0 | 1 | 2 | 3 | 4 |
| 3. To show I care about my mistakes.             | 0 | 1 | 2 | 3 | 4 |
| 4. Because, if I punish myself I feel better.    | 0 | 1 | 2 | 3 | 4 |
| 5. To stop me being lazy.                        | 0 | 1 | 2 | 3 | 4 |
| 6. To harm part of myself.                       | 0 | 1 | 2 | 3 | 4 |
| 7. To keep myself in check.                      | 0 | 1 | 2 | 3 | 4 |
| 8. To punish myself for my mistakes.             | 0 | 1 | 2 | 3 | 4 |
| 9. To cope with feelings of disgust with myself. | 0 | 1 | 2 | 3 | 4 |
| 10. To take revenge on part of myself.           | 0 | 1 | 2 | 3 | 4 |
| 11. To stop me getting overconfident.            | 0 | 1 | 2 | 3 | 4 |
| 12. To stop me being angry with others           | 0 | 1 | 2 | 3 | 4 |
| 13. To destroy a part of me.                     | 0 | 1 | 2 | 3 | 4 |
| 14. To make me concentrate.                      | 0 | 1 | 2 | 3 | 4 |
| 15. To gain reassurance from others.             | 0 | 1 | 2 | 3 | 4 |
| 16. To stop me becoming arrogant.                | 0 | 1 | 2 | 3 | 4 |
| 17. To prevent future embarrassments.            | 0 | 1 | 2 | 3 | 4 |
| 18. To remind me of my past failures             | 0 | 1 | 2 | 3 | 4 |
| 19. To keep me from making minor mistakes.       | 0 | 1 | 2 | 3 | 4 |
| 20. To remind me of my responsibilities.         | 0 | 1 | 2 | 3 | 4 |
| 21. To get at the things I hate in myself.       | 0 | 1 | 2 | 3 | 4 |



If you can think of any other reasons why you become self-critical please write them in the space below:

.....  
.....



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### SCORING

#### I get critical and angry with myself:

1. <b>SC</b>	To make sure I keep up my standards.	0	1	2	3	4
2. <b>SP</b>	To stop myself being happy.	0	1	2	3	4
3. <b>SC</b>	To show I care about my mistakes.	0	1	2	3	4
4. <b>SP</b>	Because, if I punish myself I feel better.	0	1	2	3	4
5. <b>SC</b>	To stop me being lazy.	0	1	2	3	4
6. <b>SP</b>	To harm part of myself.	0	1	2	3	4
7. <b>SC</b>	To keep myself in check.	0	1	2	3	4
8. <b>SP</b>	To punish myself for my mistakes.	0	1	2	3	4
9. <b>SP</b>	To cope with feelings of disgust with myself.	0	1	2	3	4
10. <b>SP</b>	To take revenge on part of myself.	0	1	2	3	4
11. <b>SC</b>	To stop me getting overconfident.	0	1	2	3	4
12. <b>SC</b>	To stop me being angry with others	0	1	2	3	4
13. <b>SP</b>	To destroy a part of me.	0	1	2	3	4
14. <b>SC</b>	To make me concentrate.	0	1	2	3	4
15. <b>SC</b>	To gain reassurance from others.	0	1	2	3	4
16. <b>SC</b>	To stop me becoming arrogant.	0	1	2	3	4
17. <b>SC</b>	To prevent future embarrassments.	0	1	2	3	4
18. <b>SC</b>	To remind me of my past failures	0	1	2	3	4
19. <b>SC</b>	To keep me from making minor mistakes.	0	1	2	3	4
20. <b>SC</b>	To remind me of my responsibilities.	0	1	2	3	4
21. <b>SP</b>	To get at the things I hate in myself.	0	1	2	3	4

#### KEY TO SUBSCALES:

**SP=SELF-PERSECUTION**  
**SC=SELF-CORRECTION**



## DESCRIPTION

### *The Functions of Self-Criticizing/attacking Scale (FSCS)*

This scale was developed by Gilbert, Clarke, Hempel, Miles and Irons (2004) to measure the *functions* of self-criticism – why people think they self criticize and self attack. Factor analysis suggests two very different functions for being self-critical. One is to try and improve the self and stop the self from making mistakes. The other involves expressing anger and wanting to harm the self.

It is a 21-item scale measuring both of these factors. The responses are given on a 5-point Likert scale (ranging from 0 = 'not at all like me', to 4 = 'extremely like me'). Cronbach alphas were .92 for correcting and persecuting respectively.

## REFERENCE

Gilbert, P., Clark, M., Hempel, S., Miles, J.N.V. & Irons, C. (2004). Criticising and reassuring oneself: An exploration of forms, styles and reasons in female students. *British Journal of Clinical Psychology*, 43, 31-50.