

Attributions of Criticism Scale

Items are rated on the following scale:

1	2	3	4	5
Not at all	A little	Somewhat	Moderately	Completely

When your relative criticizes you...

- 1) To what extent do you believe he/she is trying to motivate you or get you to take action?
- 2) To what extent do you believe he/she is trying to get you to do better, learn, or grow?
- 3) To what extent do you believe he/she is trying to show that he/she cares?
- 4) To what extent do you believe he/she is trying to control you?
- 5) To what extent do you believe he/she is trying to be honest and open with you?
- 6) To what extent do you believe he/she is trying to make you feel stupid?
- 7) To what extent do you believe he/she is trying to blame you for something?
- 8) To what extent do you believe he/she is trying to encourage you to think about a new point of view or perspective?
- 9) To what extent do you believe he/she is trying to put you down?
- 10) To what extent do you believe he/she is trying to hurt or have a negative impact on you?
- 11) To what extent do you believe he/she is trying to show concern for you?
- 12) To what extent do you believe he/she is trying to show his/her frustration or anger toward you?
- 13) To what extent do you believe he/she is trying to stop you from doing your best?
- 14) To what extent do you believe he/she is trying to stop you from making a mistake?
- 15) To what extent do you believe he/she is trying to correct a problem?
- 16) To what extent do you believe he/she is trying to attack you?
- 17) To what extent do you believe he/she is trying to protect you?
- 18) To what extent do you believe he/she has your best interests at heart?
- 19) To what extent do you believe he/she is trying to humiliate you?
- 20) To what extent do you believe he/she is trying to stop you from hurting yourself or someone else?
- 21) To what extent do you believe he/she is trying to stop a problem from getting worse?

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References

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