Attributions of Criticism Scale

Items are rated on the following scale:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>A little</td>
<td>Somewhat</td>
<td>Moderately</td>
<td>Completely</td>
</tr>
</tbody>
</table>

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?


References


sample of African American and White community participants. *Behavior Therapy, 45*(6), 817-830.
