

# Worksheet 19.2: Compassionate Thought Record

<b>Column 1 Triggering Events</b>	<b>Column 2 Unhelpful or Upsetting Thoughts and Images</b>	<b>Column 3 Feelings and Emotions</b>	<b>Column 4 Thought balancing – 'Helpful' or 'Balanced' Thoughts</b>	<b>Column 5 Understanding and Change in Feelings</b>
<i>What actually happened? What was the trigger?</i>	<i>What am I thinking about others and their thoughts about me? What am I thinking about myself?</i>	<i>What are my main feelings and emotions?</i>	<i>What would I say to a friend? What compassionate alternatives might there be?</i>	<i>Write down any change in your feelings</i>
			Empathy for my distress  Compassionate attention  Compassionate thinking  Compassionate behaviour	