

# Worksheet 24.1: Self-criticism Log

<b>Date</b>	<b>What was I doing? What triggered my self-criticism?</b>	<b>What did I say to myself? What was the focus of my self-criticism?</b>	<b>Why was I critical? What was my criticism trying to do?</b>	<b>How did being self-critical leave me feeling?</b>