

# WORKSHEET 8.1: DIARY TO HELP IDENTIFY THE SELF-CRITICAL THOUGHTS

<i>Triggering events</i> Can be something someone does, something you do, or an upsetting image	<i>Self-critical thoughts</i> What went through your mind? What does it say about you as a person?	<i>Associated feelings</i> What did you feel? Rate the strength of the mood from 0 per cent (no feeling at all) to 100 per cent (the strongest you have ever experienced that feeling)