

Figure 16. Spotting Self-critical Thoughts Worksheet

Date/Time	Situation What were you doing when you began to feel bad about yourself?	Emotions and body sensations (e.g. sad, angry, guilty) Rate each 0–100 for intensity	Self-critical thoughts What exactly was going through your mind when you began to feel bad about yourself? (e.g. thoughts in words, images, meanings) Rate 0–100% for degree of belief	Unhelpful behaviour What did you do as a consequence of your self-critical thoughts?