

Spotting Self-Critical Thoughts Chart

Date/Time	Situation What were you doing when you began to feel bad about yourself?	Emotions and body sensations (e.g. sad, angry, guilty, tense). 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 belief in each one 0–100%.	Unhelpful behaviour What did you do as a consequence of your self-critical thoughts?