

Questioning Self-Critical Thoughts Chart

Date/ Time	Situation	Emotions and body sensations Rate each 0–100 for intensity.	Self-critical thoughts Rate belief in each 0–100%.	Alternative perspectives Use the key questions to find other perspectives on yourself. Rate belief in each one 0–100%.	Outcome 1. Now that you have found alternatives to your self-critical thoughts, how do you feel (0–100)? 2. How far do you now believe the self-critical thoughts (0–100%)? 3. What can you do (action plan, experiments)?

