

Dealing with Self-critical Thoughts

Date/ time	Situation What were you doing when you began to feel bad about yourself?	Emotions and body sensations (e.g. sad, angry, tense, stomach churning). Rate how bad each was 0–10	Self-critical thoughts What exactly was going through your mind when you started to feel bad about yourself? How far did you believe each thought? (Rate 0–10)	Alternative perspectives Use the questions in Step 2 to find other ways of seeing yourself. Rate belief in each (0–10)	Outcome 1. How do you feel after coming up with alternatives (0–10)? 2. How far do you now believe the critical thoughts (0–10)? 3. What can you do now (action plan, experiment)?
