

WORKSHEET 8.4: DIARY TO HELP IDENTIFY THE COMPASSIONATE THOUGHTS

<i>Triggering events</i>	<i>Self-critical thoughts</i>	<i>Associated feelings</i>	<i>What does the compassionate voice say?</i>	<i>What has happened to your first feelings when you think this?</i>
<p>Can be something someone does, something you do, or it may be a strong feeling or upsetting image</p>	<p>What went through your mind?</p> <p>What does it say about you as a person?</p> <p>Degree of belief in the thought from 0 per cent (not at all) to 100 per cent (completely believe it, no doubt at all)</p>	<p>What did you feel?</p> <p>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)</p>	<p>What would you say to a friend?</p> <p>Degree of belief in the thought (0 per cent to 100 per cent)</p>	<p>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)</p>

<p>A student's mother complained about my teaching, saying her child was not learning satisfactorily</p>	<p>I am useless (90 per cent)</p> <p>I am a fraud (85 per cent)</p>	<p>Depressed (95 per cent)</p> <p>Humiliated (100 per cent)</p>	<p>This is the only complaint you have received this year – three parents have thanked you for your work with their children (100 per cent)</p> <p>You can't please everyone all the time, no matter how good a teacher you are (30 per cent)</p>	<p>Depressed (75 per cent)</p> <p>Humiliated (80 per cent)</p>