

Figure 17. Spotting Self-critical Thoughts Worksheet – Example: Mike

<p>Date/Time</p>	<p>Situation What were you doing when you began to feel bad about yourself?</p>	<p>Emotions and body sensations (e.g. sad, angry, guilty) Rate each 0–100 for intensity</p>	<p>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</p>	<p>Unhelpful behaviour What did you do as a consequence of your self-critical thoughts?</p>
<p>5th March</p>	<p>Got in a rage with Kelly when she came home late. Had completely forgotten she was going to Lucy's house.</p>	<p>Guilty 80 Fed up with myself 100 Hopeless 95</p>	<p>This proves it – I'm really losing it 100% I'm a total mess 95% I should pull myself together 100% This is pathetic 100% What's the matter with me? I just don't think I'll ever get back to how I was 95%</p>	<p>Stomped out of the house and went to the pub. Came back late and shut myself in the basement alone to watch TV. Didn't talk to anyone.</p>