

**Figure 18. Questioning Self-critical Thoughts Worksheet**

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