Figure 19. Questioning Self-critical Thoughts Worksheet – Example: Mike

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)?
8 March	Had a row with Kelly again. She wanted to go out on a friend's motorbike.	Guilty 80 Angry with myself 100 Hopeless 90	Here I go again, losing my temper about nothing. I'm a wreck 100%	It's true that I was angrier than the situation warranted. But it's because I get frightened for her.	1 Guilty 40% Angry with self 30% Hopeless 40%
		Tense & uptight 100%	I've got to get a grip on myself, or I'll ruin everything 100% There's no end to this 90%	Bikes are quite dangerous, and I'm afraid of losing her. So it wasn't really about nothing. 100% I do need to do something about all this, it's true. I have changed a lot. But then, I went through something really bad, so maybe it's not surprising I'm not my usual self. 90% Rows are not good for any of us. But in fact we usually get over it. She's a good girl, even if a bit of a cranky teenager at the moment. We have some good times together 95% I don't know how to answer that it's been going on a while. I don't like doing it, but maybe it's time to get help 50%	2 30% 20% 50% 3 Tell Kelly I'm sorry about shouting at her and explain why Talk to Viv (my wife) and tell her how I feel instead of shutting her out Get help?