

Self-Critical Thought Challenging Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Emotions or body sensations What did you feel? (Rate intensity 0–100%)	Self-critical thoughts What went through your mind? (Rate degree of belief in each thought 0–100%)	Alternative perspectives What other ways are there of looking at these thoughts?	Outcome How do you feel now? (Rate degree of belief in each thought now 0-100%)
		<div>If you had an image or memory, what did it mean to you?</div>	<div>What is the evidence that my self-critical thought is true? What am I trying to achieve? Is this way of thinking likely to help me achieve that goal? In what ways could my thinking be inaccurate?</div>	

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Cooking dinner for family and burned the potatoes.	Despair and anger with self – 80%	I'm pathetic – 100%	Labelling myself like this doesn't help solve the problem. It's just like how mum used to treat me.	Calmer, not as angry at myself. Belief – 50%
Watching my toddler play with other children at a playground – she pushed another child out of her way.	Embarrassment and sadness – 70%	I'm a bad mother. Other children who are raised properly don't act like bullies – 90%	She's only two and doesn't know what she's doing – she's just excited to get on the slide. I'm forgetting that I saw my friend's son do exactly the same thing a few weeks ago and we laughed about it	I feel faintly ridiculous. It's almost funny that my mind could judge me so harshly and so quickly. Belief – 0%
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