

Situation

When? Where? With who?
What happened?

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Feelings 0-100%

List and rate your emotions

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Self Critical Thoughts

What thoughts come to my mind?
What do I say to myself in this situation?

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What would I say to a friend in this situation?

What would a caring friend say to you about this?
Is this a fact or an opinion?
Are there any small experiences that contradict this thought?

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Self Compassionate Thoughts

What can I say to myself in this situation instead?

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Re-Rate Moods 0-100%

Copy the emotions listed in row 2 and rate again

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Behaviour

What did you do after the self-compassionate thought?

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Self Compassionate Thought Record with Behaviour

CBT Psychology for Personal Development