

**Thought Record Sheet (critical voice)**

<b>Situation</b>	<b>Critical thoughts</b> (or images)	<b>Feelings</b> (name the emotion or feeling)	<b>Belief in critical thoughts.</b> How much do I believe the thoughts?	<b>Where has this voice come from?</b> Is this something you think about yourself? Who has said these things to you? (e.g. parent, teacher, friend) <b>Self-compassionate alternatives</b>
<p><i>What, where, when, who with? What are/were you doing?</i></p>	<p><i>What critical thoughts came to mind? E.g. I'm worthless, I'm stupid, I'm useless, No-one cares about me</i></p>	<p><i>What emotion do you feel when you think these thoughts?</i></p>	<p><i>How much do you believe these thoughts (0 – 100%)</i></p> <p>0-----100  <i>Not at all</i> <i>Totally believe</i></p>	<p><i>Who used to say this to me?</i></p> <p><i>Is there another way of looking at this? What would someone else see and make of this? What would I say to a friend in this situation? Is this fact or opinion?</i></p>