

SPOTTING SELF-CRITICAL THOUGHTS & SELF-DEFEATING BEHAVIOURS



DATE/TIME	SITUATION <i>What were you doing when you began to feel bad about yourself?</i>	EMOTIONS AND BODY SENSATIONS <i>(e.g. sad, angry, guilty) Rate each 0—100% for intensity</i>	SELF-CRITICAL THOUGHTS <i>What exactly was going through your mind when you began to feel bad about yourself? (E.g., thoughts in words, images, meanings) Rate each 0-100% for belief</i>	SELF-DEFEATING BEHAVIOURS <i>What did you do as a consequence of your self-critical thoughts?</i>