

# Self-Critical Thoughts Chart

This tool will allow you to notice when negative thoughts about yourself occur and to question them or find healthier alternatives.



Self-Criticism



20 Minutes



Advanced

## Date & Time

## Situation

## Emotions & Sensations (Rate 0-10 for intensity)

## Self-Critical Thoughts (Rate 0-10 for belief)

## Self-Defeating Behaviours

# Full Instructions

---

For one week, use a sheet for every day.

Either note the self-critical thoughts down **as they occur** or pick a **certain time of the day** for you to sit down and reflect on your day. The ideal situation would be to note them immediately, as thoughts and feelings can fade. However, if that is not possible make sure to take adequate time and relive what happened in your mind. Either way, make sure that you stick to filling in the charts as honestly as possible.

Steps:

1. **Date and Time:** When did you feel bad about yourself?
2. **Situation:** What happened that made you feel this way?
3. **Emotions and Sensations:** How did you feel? Was it a mix of emotions or one emotion that was very strong? Rate the emotion's intensity from 0 - 10 (0 = not intense at all, 10 = very intense).
4. **Self-Critical Thoughts:** What did you think when you started to feel bad? Try and rate each thought from 0 - 10 (0 = you do not believe to be like that at all, 10 = you truly believe these thoughts are true).
5. **Self-Defeating Behaviours:** What did you do after these negative thoughts? Did you confront yourself or the other person or did you withdraw? Did you ask for support?

*Note: There is a separate example chart provided if you want to see how your chart could look like.*

