

# Self-Critical Thought Challenging Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Emotions or body sensations</b> What did you feel? (Rate intensity 0–100%)	<b>Self-critical thoughts</b> What went through your mind? (Rate degree of belief in each thought 0–100%)	<b>Alternative perspectives</b> What other ways are there of looking at these thoughts?	<b>Outcome</b> How do you feel now? (Rate degree of belief in each thought now 0-100%)
		<p>If you had an image or memory, what did it mean to you?</p>	<p>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?</p>	