

## Self-Criticism – Self-Monitoring Record

<b>Situation</b> Describe the situation that triggered your self-criticism	<b>Self-critical thoughts</b> What went through your mind? (Thoughts, images, or memories)	<b>Emotions &amp; body feelings</b> What did you feel? How strong was that feeling? (0–100%)	<b>Responses</b> What did you do? How did you cope with those feelings?
<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>If it was an image or memory, what did it mean to you?</p>		

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<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>If it was an image or memory, what did it mean to you?</p>			