

# Compassionate Thought Challenging Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Emotions &amp; body sensations</b> What did you feel? (Rate intensity 0-100%)	<b>Automatic thought</b> What went through your mind? (Thoughts, images, or memories)	<b>Compassionate response</b> What would a truly self-compassionate response be to your negative thought?
		<p>If you had an image or memory, what did it mean to you?</p>	<p>Try to respond to yourself with the compassionate qualities of wisdom, strength, warmth, kindness, and non-judgement</p> <ul style="list-style-type: none"><li>• What would my best friend say to me?</li><li>• What would a truly compassionate being say to me?</li><li>• What tone of voice would I need to be talked to in order to feel reassured?</li></ul>