

Self-Criticism Self-Monitoring Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Self-critical thoughts What went through your mind? (Thoughts, images, or memories)	Emotions & body sensations What did you feel? (Rate intensity 0–100%)	Responses What did you do? How did you cope with what you were feeling?
<p>Record the date & time of each event</p>	<p>If it was an image or memory, what did it mean to you?</p>		