

Self Esteem – Thought Record Sheet

Trigger Situation	Emotions (0-10)	Self-critical Thoughts, Doubts, or Worries	Action/Result	Alternative Response
	Physical Symptoms		Re-rate your emotion	
<p><i>Describe what, where, when, how, who you were with, what you noticed and your reaction.</i></p>	<p><i>Describe what you felt emotionally and physically. Rate the intensity of your emotions.</i></p>	<p><i>Describe what you were thinking and what bothered you and what that means. What was the real issue? What are you responding to? What's the worst thing that could happen?</i></p>	<p><i>Describe what you did, how long, how often. Describe what you felt like doing but didn't. Describe what helped or would have helped. What could you do differently/more effectively?</i></p> <p><i>Consider the consequences</i></p>	<p><i>Consider the bigger picture and alternate perspectives. How important is the issue? Is your reaction in proportion to that?</i></p> <p><i>Are you assuming responsibility?</i></p>