

Critical Voice Thought Record

Trigger Situation	Critical Thoughts/Images	Feelings/Emotions	Belief in Critical Thoughts.	Where does this voice come from?
<p><i>Describe what you were doing, who you were with, where you were and when it happened.</i></p>	<p><i>Describe the critical thoughts that come to mind.</i></p>	<p><i>Describe the emotions you feel when these thoughts occur.</i></p>	<p><i>On a scale of 0 – 10, how much do you believe these thoughts? (0 = not at all, 10 = believe completely)</i></p>	<p>Self-compassionate alternatives</p> <p><i>Who used to say this to you?</i></p> <p><i>Consider another way of looking at this. What would someone else see and feel in this situation?</i></p> <p><i>What would you say to a friend in this situation?</i></p> <p><i>Is this a fact or is this just an opinion?</i></p>