

### Thought Record Sheet (self-compassion)

Triggering events, feelings or images	Unhelpful thoughts and images (and their meaning)	Feelings (name the emotion or feeling)	Self-compassionate alternatives to unhelpful thoughts & images	Outcome: Understanding and change in feelings. What I did that helped.
<p><i>What, where, when, who with?</i></p> <p><i>What actually happened? What was the trigger?</i></p>	<p><i>What went through your mind at that time?</i></p> <p><i>What are you thinking about others and what they might be thinking about you?</i></p> <p><i>What are you thinking about yourself and your future?</i></p>	<p><i>What are/were your main feelings and emotions at that time?</i></p>	<p><i>What would you say to a friend in this situation? What would a caring friend say to you about this?</i></p> <p><i>Is there another way of looking at this? Is this fact or opinion?</i></p> <p><i>What is the evidence for this new perspective?</i></p> <p><i>In what way is this an example of self-compassion?</i></p>	<p><i>Write down any change in your feelings, and what you did that helped. (e.g. notice and change focus of attention)</i></p>