

Thought Record Sheet – Self Esteem

Situation	Emotions / Moods (rate 0 – 100%)	Physical sensations	Unhelpful Thoughts / Images Self critical thoughts	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p>What happened? Where? When? Who with? How?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p>	<p>What did I notice in my body? Where did I feel it?</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p><i>STOPP! Take a breath....</i> <i>Is this fact or opinion?</i> <i>Is that internal critic / bully operating again?</i> <i>Am I comparing myself to others, whilst wearing those 'gloomy specs? What am I not seeing? What's the bigger picture? Is there another way of seeing things?</i> <i>Am I getting things out of proportion?</i> <i>What would someone else say about this situation or about me?</i> <i>If I have made a mistake, that's okay, we all makes mistakes: what can I learn from this? Am I taking responsibility or blame for something that wasn't (totally) in my control?</i> <i>What would I think about a friend in this situation? What would my reaction be to them? What advice would I give them?</i> <i>What is a kind and helpful way to think about me and this situation?</i></p>	<p>What could I do differently? What would be more effective?</p> <p>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</p>