Compassionate thought record

Answering self-criticism with understanding as well as evidence.

Name _____ Date _____

What happened?

What my critic said

How that left me feeling (0 to 10)

Take a minute of slow, soothing breathing. Then answer from your compassionate side, in a warm tone.

Understanding

Why does it make sense that I reacted this way, given my history and what was going on?

Not alone

How might other people feel in this situation?

A fairer view

What is a more balanced and kinder way of seeing it?

What would help

What do I need? What would a caring friend suggest I do?

How I feel now (0 to 10)

What I will do next

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