

### 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><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body? Where did I feel it?</i></p>	<p><i>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?</i></p>	<p><i>STOPP! Take a breath.... Is this fact or opinion? Is that internal critic / bully operating again? 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? Am I getting things out of proportion? What would someone else say about this situation or about me? 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? What would I think about a friend in this situation? What would my reaction be to them? What advice would I give them? What is a kind and helpful way to think about me and this situation?</i></p>	<p><i>What could I do differently? What would be more effective?</i></p> <p><i>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</i></p>