

CBT Thought Record – Self-Compassion

Use this form to identify and alter self-critical thoughts that lead to negative or distressing emotions.

Situation / Trigger	Initial Reaction	Self-Critical Thoughts	Costs / Benefits	Self-Compassionate Thoughts	Altered Reaction
What happened to trigger the problem?	How did you feel emotionally and physically? – Rate each feeling 0-100%	What self-critical thoughts came to mind? What did you say to yourself in this situation?	What is helpful and unhelpful about thinking this way?	What compassionate thoughts could help to alleviate your suffering and promote wellbeing in this situation?	How would your feelings change?