



Thought Diary for Negative Self-Evaluations

Identify My Negative Self-Evaluations

What is the at-risk situation?	How much do I believe these evaluations of myself (0-100%)?
What am I saying to myself? How am I evaluating myself? Putting myself down? Criticising myself?	
What emotion(s) am I feeling? (Rate the intensity 0-100%)	
What unhelpful behaviours did I engage in?	

Challenge My Negative Self Evaluations

What is the evidence <u>for</u> my evaluations?	What is the evidence <u>against</u> my evaluations?
Are these <i>opinions</i> I have of myself or <i>facts</i> ?	
How helpful is it for me to evaluate myself in this way?	
How else could I view the situation? What other perspectives are there?	
What advice would I give to a friend in this same situation?	
What would be more helpful behaviour I could carry out?	

Balanced Self-Evaluations

A more balanced evaluation of myself is:	
How much do I believe my original negative self-evaluation now (0-100%)?	How intense are my emotions now (0-100%)?