

## Critical Self and Compassionate Self Worksheet

	CRITICAL SELF	COMPASSIONATE SELF
<b>Situation/trigger:</b> What was happening?		
<b>Thoughts:</b> What were you thinking?		
<b>Motive:</b> What were your intention and motivation?		
<b>Attention:</b> What were you paying attention to?		
<b>Body:</b> What did you feel in your body?		
<b>Emotions:</b> Which emotions was there?		
<b>Action:</b> What did you want to do and say?		
<b>Memories:</b> What are your memories of similar situations?		
<b>Outcome:</b> How did you settle?		
What does the inner critic think of ...		
What does the compassionate self think of...		

This worksheet is presented by Marie Bloomfield [www.bloomfieldpsychology.com.au](http://www.bloomfieldpsychology.com.au)

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