

Multiple Selves Worksheet

	ANGRY SELF	ANXIOUS SELF	SAD SELF	COMPASSIONATE SELF
Situation: What were you doing and feeling?				
Thoughts: What were you thinking?				
Body: What did you feel in your body?				
Action: What did you want to say and do?				
Motivation/intention What would be a good outcome for this self				
What does the angry self think of ...				
What does the anxious self think of...				
What does the compassionate self think of...				

Compassion-Focused Therapy founder Paul Gilbert

Worksheet modified by Marie Bloomfield August 2021 www.bloomfieldpsychology.com.au and www.mindfulpath.com.au

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