

Multiple Selves Worksheet

| | ANGRY SELF | ANXIOUS SELF | SAD SELF | COMPASSIONATE SELF |
|---|------------|--------------|----------|--------------------|
| Situation: What were you doing and feeling? | | | | |
| Thoughts: What were you thinking? | | | | |
| Motive: What were your intentions and motivation? | | | | |
| Attention: What were you paying attention to? | | | | |
| Body: What did you feel in your body? | | | | |
| Action: What did you want to say and do? | | | | |
| Memories: What are your memories of similar situations? | | | | |
| Outcome: How did you settle? | | | | |
| What does the angry self think of ... | | | | |
| What does the anxious self think of... | | | | |
| What does the compassionate self think of... | | | | |

This worksheet is presented by Marie Bloomfield www.bloomfieldpsychology.com.au

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