

Critical Self and Compassionate Self Worksheet

	CRITICAL SELF	COMPASSIONATE SELF
Situation/trigger: What was happening?		
Thoughts: What were you thinking?		
Motive: What were your intention and motivation?		
Attention: What were you paying attention to?		
Body: What did you feel in your body?		
Emotions: Which emotions was there?		
Actions: What did you want to do and say?		
What does the inner critic think of ...		
What does the compassionate self think of...		

Compassion-focused Therapy founder Paul Gilbert

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