

Self-Criticism Log Worksheet

Date	Situation that triggered the self-criticisms: What was I doing? How was I feeling?	Content of the self-criticism: phrases, words, thoughts and focus	Intention of criticism: What is the inner critic trying to protect me from or help me with?	Impact of criticism: How do I feel when I hear the criticisms?	Compassionate inner voice: What would I say to a good friend to support and encourage?

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

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