

Compassion thought record

Use this sheet to record specific events in which unwanted thoughts, feelings, or responses were prompted, and explore alternative and more compassionate perspective. Considering more self-compassionate responses can help you develop a more compassionate mindset.

Situation/ trigger	Emotions and body responses	Thoughts	Compassionate alternative
<p><i>Describe what happened and what were you doing, who were you with, where and when did it happen?</i></p>	<p><i>How did you feel and what body responses did you notice? Rate the intensity of emotions and body responses on a scale 1 - 100.</i></p>	<p><i>What thought or image popped into your mind?</i></p>	<p><i>What could be a more compassionate and helpful response to replace the self-critic?</i></p>