

Criticizing Your Critical Thoughts

Learn to criticize your critical thoughts (thoughts that are unhelpful, ineffective, counterproductive... and mostly discouraging).

First column: Learn to identify and recognize your self-criticisms and write them down one at a time;

Second column: Indicate how true, on a scale of 0 to 100, that automatic thought is;

Third column: Identify the various impacts (emotional, psychological, physical and spiritual) on your *Self* following the automatic thoughts identified in the first column (i.e. how does that statement make me feel?);

Fourth column: Identify one or several more realistic thoughts (i.e. less harsh, critical and softer and more positive) towards your *Self* and which contradict the automatic thought in the first column;

Fifth column: Identify the impact (emotional, psychological, physical and spiritual) the positive “reframing” of the fourth column has on you.

It will be important to continually challenge the toxic thoughts that automatically come up in order to give you a fair opportunity to develop a more realistic self-evaluative system (and more productive and healthier for your mind and soul). Remember that these automatic thoughts or self-criticisms are at the very source of a lot of emotional and relational problems. Be aware that this exercise may trigger strong emotions in you.

Automatic thought <i>(self-criticism)</i>	How true (%)	Impact (emotional, psychological, physical and spiritual)	Rational Response <i>(self-defence)</i>	Impact
E.g.: I'm good at nothing.	50	<ul style="list-style-type: none"> - lower self-esteem; - disappointed in myself; - feel like crying; - angry and discouraged. 	<ul style="list-style-type: none"> - This is untrue! I often do good work. - I'm a good person. - I am a hard worker, determined, etc. 	<ul style="list-style-type: none"> - relieved and lighter - improved esteem - less anxious & more relax - encouraged

References:

Letting Go of Shame: Understanding How Shame Affects Your Life, Ronald & Patricia Potter-Efron (1993).

Feeling Good; David D. Burns, Ph.D. (1992), chapter 4, p. 63.

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