Exercise: My self-critical thoughts

Goal

You learn to notice negative thoughts, write them down, and let them go. You understand that even though thoughts and feelings are powerful, you don’t have to act on them.

Instructions

Write down what kind of judgmental thoughts you have about yourself or others.

For each thought you record, think:

- Is this judgmental thought helpful?
- If not, can I try to let it go?

My judgmental thoughts:

For example: 'I can't do anything'