

**Compassionate Thought Challenging Record**

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Emotions &amp; body sensations</b> What did you feel? (Rate intensity 0–100%)	<b>Automatic thought</b> What went through your mind? (Thoughts, images, or memories)	<b>Compassionate response</b> What would a truly self-compassionate response be to your negative thought?
watching the news for the second hour in a row.	Feelings of anxiety and an increasing sensation of panic.	This is terrible. So many people could die. What's going to happen to me and my family?	It's understandable that you're worried – it would be unusual not to be. What's the best thing that you can do for yourself to feel better right now? Maybe you could watch a comedy instead of the news, or get up and do something else.
		If you had an image or memory, what did it mean to you?	Try to respond to yourself with the compassionate qualities of wisdom, strength, warmth, kindness, and non-judgement • What would my best friend say to me? • What would a truly compassionate being say to me? • What tone of voice would I need to be talked to in order to feel reassured?

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