

I'm Telling Myself

Practice catching the thoughts that trigger strong emotions.

Write down your thoughts exactly as they play out in your mind.

Notice the judgmental language: *"I should"*

Notice the exaggerating language:
"I always" / "You never"

Notice the victim language: *"I have to"*

Write these with the phrase *"I'm telling myself"* in front of the thought and put the phrase, *"and this may or may not be true"* behind it.

Can you rewrite or reframe the thought so that it is more loving and supportive?

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Telling On Myself

S Ashworth



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