

## LESSON 1 - REFLECTION GUIDE

### Daily Record of Toxic Self-Talk

Directions: When you're feeling upset about yourself, follow the process in the Lesson Article and write down what happened in your Course Journal.

In each entry, we recommend you note the date and time along with:

#### **Situation**

Describe the actual event, feelings, and/or thoughts leading up to the toxic voice speaking up. Note what actions were taken, by whom, what exact thought occurred, what was said, what emotion you experienced. Do not explain or add meaning to describe the situation. Write down just the straight facts.

#### **Emotions (and rating)**

For Emotions, describe specially what emotion you felt and rate how strongly you feel them from 1-10 with 10 being you feel them very strongly. Emotions could be angry, depressed, confused, helpless, indifferent, afraid, hurt, sad, etc.

#### **Physical Sensations (and rating)**

For Physical Sensations, describe what you notice happening in your body as the toxic voice is speaking and rate how strongly you feel them from 1-10 with 10 being having extremely strong sensations. Try to be concrete and specific about what part of your body is reacting and how it's feeling to you.

#### **Thoughts (and rating)**

For Thoughts, write the thoughts you hear as you noticed the toxic voices speaking to you about yourself and rate how much you believe in them from 1-10 with 10 being you truly believing in them. Don't try to edit or simplify the thoughts. Write them down as you heard them.

If you don't include all of these, the most important part to record is the Thoughts.

\*Adapted from Daily Record of Dysfunctional Thoughts by Aaron Beck

## **SAMPLE ENTRY**

4/3/2013

Situation

On a first date.

Emotions (and rating)

Felt feelings of self-consciousness and shame. Rating: 6

Physical Sensations (and rating)

Pit in my stomach. Tension in my neck and shoulders. Dry mouth. Rating: 5

Thoughts (and rating)

Thinking that she thinks I'm fat. Thinking that she doesn't find me attractive and that she wants to leave. Rating: 8