

Tracking Self-Defeating Thoughts, Feelings, & Behaviors

Please write all answers on this form. If you need more space, use a separate sheet.

Name:

Date:

1. What self-defeating thought would I like to stop telling myself? Examples: *I'm not good enough; I don't deserve to be loved; please others, they come first; I'm a bad person if people get angry with me.*

2. Which self-defeating feelings would I like to stop that I make myself feel when I say (from #1) to myself?

3. As I think and feel this way, what behaviors—internal and external—would I like to stop?

4. With whom and in what situation did I learn the above pattern? Examples: family, parents, mother, father, siblings, friends, etc.

5. What did I end up believing about myself as a result of this pattern (core beliefs)? Examples: *I'm not good enough; I'll be tough; I'll never let anyone get close to me again; I'll always be disappointed; no one will ever love me.*