

Handout 2.1: Negative Self-Talk Monitoring Form

Client Initials _____ **Date** _____

Phrases of Concern:

Category 1 = “should,” “should have,” “could have,” “Why?”

Category 2 = put-downs of your entire personality or character (I’m stupid [inadequate, a wimp, a loser, and so on])

Category 3 = “I feel...” in statements ending with conclusions that aren’t emotions (“I feel obligated [overwhelmed, responsible, and so on])

Category 4 = Apologies (“I’m sorry”)

When writing down phrases, score your tension level on a scale of 0 to 100, where 0 is no tension and 100 is the most tension possible.

Date							
	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8 am – 12 pm							
12 pm – 4 pm							
4 pm - 8 pm							
8 pm – 12 am							
12 am – 8 am							

Monday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____

Tuesday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____

Wednesday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____

Thursday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____

Friday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____

Saturday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____

Sunday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____