

# Critical Thinking about Critical Thinking

## Part One

Did you ever hear the saying that you can't afford the luxury of a negative thought? Self-criticism drags our self-esteem down and in large doses really hurts our concept of self. Most of the time these self-evaluations are not based in objectivity but are self-defeating, irrational beliefs. Part One: 1. Write down the situation or experience that prompted your negative feeling in the first column. 2. Then write your critical or negative thought that popped into your mind. 3. Jump over to the third column and rate just how awful that particular criticism makes you feel.

*Next Up, Part Two...*

On the next worksheet, we'll talk about thinking errors and how to respond to them with compassion and a rational mind.

| <u>Event that You Reacted</u><br><u>Negatively To</u> | <u>Criticism</u><br><u>or</u><br><u>Negative Thought</u> | <u>Type of Thinking Error</u> | On a scale of 1-10,<br>how bad does this<br>thought make you<br>feel?<br><br>(1= worst, 5= no<br>impact, 10= great) | <u>Rational Response</u><br><u>Using Compassion</u> |
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