



Identify Your Self-Defeating Thoughts Monitoring Form

INSTRUCTIONS: This is a Self-Monitoring Activity.

- 1) Throughout the day, notice and list any self-defeating thoughts below.
- 2) There is no need to judge or evaluate your thoughts. Simply observe them.
- 3) Print out several copies of this form.
- 4) Schedule this activity for 1-3 days on your phone or other calendar.
- 5) After completing the exercise, return to "Thinking Better" and begin "Challenge and Replace Self-Defeating Thoughts".

Write your thoughts below:
