

## Noticing Form

The purpose of this homework is to help you become more familiar with what happens when your critic gets engaged and how it affects you. If you are able to notice a time when your mind is being critical, if it's possible, take a moment to fill out this form right at that time. Alternately, you can fill out the form afterwards if need be or if you didn't realize that your mind was being critical until looking back on the event.

**Body/sensations:** Check off any sensations you experienced:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Dizziness         | <input type="checkbox"/> Sense of unreality  | <input type="checkbox"/> Pit or bad feeling in stomach |
| <input type="checkbox"/> Breathlessness    | <input type="checkbox"/> Sweatiness          | <input type="checkbox"/> Nausea                        |
| <input type="checkbox"/> Fast Heartbeat    | <input type="checkbox"/> Neck/muscle tension | <input type="checkbox"/> Chest tightness/pain          |
| <input type="checkbox"/> Tingling/Numbness | <input type="checkbox"/> Trembling/shaking   | <input type="checkbox"/> other: _____                  |

**Emotion:** Check what emotion best describes your experience (pick one or more):

- Fear    Anxiety    Anger    Rejection    Shame    Embarrassment
- Irritation    Sadness    Guilt    other: \_\_\_\_\_

**Thoughts:** What did your mind say to you in this situation? (examples: "I can't believe I did that." "She's such a jerk." "I'm such a loser.") Did these thoughts seem to make the emotion(s) you listed feeling above worse or calm it down?

**Situation:** Describe what provoked the difficulty, if you can tell. What was threatening? Was there something you were afraid would happen?

**Response:** What did you do? Or if you haven't done anything yet, what do you feel an urge or impulse to do? Write down your inclination to act or what you actually did in reaction to the threat.

**Outcome:** How did it turn out? What went well? What didn't? Were there things that seemed to work out well in the short-run but may have negative longer-term outcomes?