

# Self-Monitoring Form

Date

1. What was happening at the time you felt discouraged?		
2. Who was with you?		
3. What were you saying to yourself (your self-talk)? Be specific.		
4. Were you being critical of yourself rather than your creative idea or product? __Yes __No		
5. If yes, what is the evidence for and against your critical self-talk?	Evidence for critical comments	Evidence against critical comments
6. Does the evidence support your critical comments about yourself __Yes __No		
7. Replace your negative self-talk with more positive and realistic self-statements.		