

Double-Standard Technique

Date: _____

Harsh Self-Thought (verbatim):

Name Your Ally (e.g., friend, cousin, etc.):

If they said this about themselves, how would you respond?

Write your Friend-Response (supportive reply):

Turn it into a 1st-person statement and say it out loud:

Ratings:

Old Thought Belief (0-100%): _____

New Thought Belief (0-100%): _____

Mood Shift (e.g., shame 8 -> 4): _____

