

Handout 8.6: My Weekly Self-Esteem Log

Date(s): \_\_\_\_\_

1. Upsetting thoughts about myself:

\_\_\_\_\_

2. Emotional responses:

\_\_\_\_\_

3. Degree of depressed feeling: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. My behavioral reactions:

\_\_\_\_\_

5. Healthier thoughts about myself:

\_\_\_\_\_

Degree of certainty: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

6. CBT skills I have used this week:

\_\_\_\_\_

7. Mindfulness and acceptance skills I have practiced:

\_\_\_\_\_

8. Exercises and visualizations I have done:

\_\_\_\_\_

9. Costs and benefits of my low self-esteem:

\_\_\_\_\_

10. Action plan and goals for boosting my self-esteem:

\_\_\_\_\_