

## Multiple Selves Worksheet

	ANGRY SELF	ANXIOUS SELF	SAD SELF	COMPASSIONATE SELF
<b>Situation:</b> What were you doing and feeling?				
<b>Thoughts:</b> What were you thinking?				
<b>Motive:</b> What were your intentions and motivation?				
<b>Attention:</b> What were you paying attention to?				
<b>Body:</b> What did you feel in your body?				
<b>Action:</b> What did you want to say and do?				
<b>Memories:</b> What are your memories of similar situations?				
<b>Outcome:</b> How did you settle?				
What does the angry self think of ...				
What does the anxious self think of...				
What does the compassionate self think of...				

This worksheet is presented by Marie Bloomfield [www.bloomfieldpsychology.com.au](http://www.bloomfieldpsychology.com.au)

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