

What's happening at the moment? Describe what is going on that may be contributing to how you are feeling.

Which feelings are contributing to your mood? Circle all that apply

<u>Positive</u>	<u>Negative</u>
Bold	Afraid
Calm	Angry
Cheerful	Annoyed
Confident	Anxious
Content	Ashamed
Eager	Bored
Ecstatic	Burnt out
Energized	Confused
Engaged	Demoralized
Enthusiastic	Depressed
Excited	Disappointed

Check a Thought:

We all fall into thinking traps. Once we identify these traps, we can change how we think in order to improve how we feel.

Describe the thought: What went through your mind that contributed most to your negative feelings?

Identify Thinking Traps: Did you fall into any traps? Circle the traps that you may falling in to.

<u>Traps</u>	<u>Definition</u>
All or nothing thinking	Seeing people or events in absolute, black or white
Blaming	Focusing on who is to blame for their problems. Rather than thinking what you can do about them.
Catastrophizing	Blowing things out of proportion and viewing your Tough situation as if it will never end.
Downplaying Positives	Minimizing or dismissing positive qualities, behaviors Or achievements by telling yourself that they don't count.
Emotional Reasoning	Believing that something is true because it "feels" true. Relying too much on your feelings to guide decisions.
Fortune Telling	Making negative predictions about the future, such as How people will behave or how events will turn out.
Intolerance of Uncertainty	Struggling to accept or tolerate things being unknown. "What if" something bad happens?
Labeling	Describing yourself or others using global, negative labels. Making judgements about one's character or name calling.
Mind Reading	Jumping to conclusions about another person's thoughts, Feelings, or intentions without checking them out.
Negative Filtering	Focusing only on the negatives and ignoring the positives In a situation. Failing to see "the big picture".
Not Accepting	Dwelling on a unpleasant situation or wishing things were different, instead of accepting what has happened and Finding ways to move forward.
Personalizing	Telling yourself events relate to you when they may not.
"Should" and "Must"	Focusing on how people "should" or "must" be.

Rethink Thought:

What is another way of thinking about the situation? Instead, I could....

Reassess Feelings:

Now that you have modified your thinking, has the intensity of your feelings changed? Circle the feelings that have changed.

Positive

Bold
Calm
Cheerful
Confident
Content
Eager
Ecstatic
Energized
Engaged
Enthusiastic
Excited

Negative

Afraid
Angry
Annoyed
Anxious
Ashamed
Bored
Burnt out
Confused
Demoralized
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