

Identifying Emotions and Thoughts

Giving words to describe our emotions and thoughts allows us to have a sense of control over the forces that drive us. This exercise is designed to help you learn to harness the power of descriptive words and phrases. With continued practice, this will become natural and effortless over time.

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| Date | Situation: <i>Where were you? What were you doing? Who were you with?</i> |
|-------------|--|

| What Emotions did you Feel? <i>Cross out the ones that don't apply; circle the ones that fit.</i> | % Strength |
|--|-------------------|
| Sad , blue, depressed, down, disappointed, unhappy | % |
| Anxious , worried, panicky, fearful, scared, nervous, frightened, tense | % |
| Guilty , remorseful, bad, ashamed | % |
| Inferior , worthless, inadequate, defective, incompetent | % |
| Lonely , unloved, unwanted, rejected, alone, abandoned | % |
| Embarrassed , foolish, humiliated, self-conscious | % |
| Hopeless , discouraged, pessimistic, despairing | % |
| Frustrated , stuck, thwarted, defeated | % |
| Angry , mad, resentful, annoyed, irritated, upset, furious | % |

| What were your Automatic Negative Thoughts (hint: "If... then...") | % Belief |
|---|-----------------|
| | % |
| | % |
| | % |
| | % |
| | % |