

Worksheet

Date_____

Something happen. This step covers only the facts of what happened, without any interpretation.

[illegible]

Using thought, you interpret the situation. These interpretation are not always accurate. There are many ways to think about the same situation.

[illegible][illegible]

You experience emotions based upon your thoughts about the situation.

[illegible][illegible]

You respond to the situation based upon your thoughts and feelings.

[illegible][illegible]