

Thinking and Feeling Worksheet

Remember: Event → Thinking/self-talk → Feelings/behavior

Learning to recognize your negative thoughts can help you change them, which will have a big impact on your feelings and behaviors. This exercise can help you identify your own patterns.

1. Briefly describe an upsetting event or situation.

2. What negative self-statements were you making at the time of the event?

3. Write down the feelings that you had about the event or situation.

4. What are some positive self-statements that could have improved your feelings after this event or situation?

Note: Sometimes you first notice that you are upset, and only then think back to the situation. If it is helpful, you can answer Question 3 first, and then go back to answer Questions 1 and 2. If you can not remember specific self-statements, try to identify some common statements that you make about yourself.