

## What is the situation?

### What am I feeling?

Make a list of 3-5 **emotions** that you're feeling right now.

Take note of the **intensity** in which you're feeling them:

1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



Draw a face that demonstrates your emotions:

### What made me feel that way?

Write down the situation that made you feel that way:

### What am I thinking?

#### My Interpretations:

Write down your interpretations that pop up:

#### My Urges:

Write down what you want to do because of the situation:

#### The Facts:

Write down everything that happened as facts:

### What's important to me?

#### My Values:

Write down what values are important to you:

## How can I process my thoughts?

### Is it true?

Are there unhelpful thinking patterns in your interpretations?

1.

2.

3.

What are the alternative healthier thoughts to have?

1.

2.

3.

### Is it realistic?

What are the more realistic thoughts to have?

### Is it helpful?

#### Does it benefit me?

Write down the benefits of having this interpretation:

Write down the costs of having this interpretation:

#### What can I control?

Write down the things you can control:

Write down the things you cannot control:

## *How can I be kinder?*

### What are some kinder thoughts to have?

#### **Self-compassion:**

Write down the alternative thoughts that are self-compassionate:

#### **Compassion for others:**

Write down the alternative thoughts that are compassionate for other people:

## *How can I move forward?*

### What do I really want?

Take a look at your values again,  
write down what you really want to happen:

### What's my plan?

Write down the small steps you can take to get what you want:

# *How can I move forward?*

## What have I learned?

Write down the learnings and positive affirmations that you want to remember:



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 freethinkers