

Untangling YOUR MIND



WORKBOOK

Kristine Chan
Margarita Holmes, Ph.D.

What is the situation?

What am I feeling?

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

1. _____

2. _____

3. _____

4. _____

5. _____

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



Draw a face that demonstrates your emotions:

What made me feel that way?

Write down the situation that made you feel that way:

What is the situation?

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?

How can I process my thoughts?

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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