



WORKBOOK

Kristine Chan Margarita Holmes, Ph.D.

### What am I feeling?

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?
<b>My Interpretations:</b> Write down your interpretations that pop up:
<b>My Urges:</b> 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?
<b>My Values:</b> Write down what values are important to you:

#### Is it true?

Are there unhelpful thinking patterns in your interpretations?

1.

What are the alternative healthier thoughts to have?

1.

2.

2.

3.

3.

#### Is it realistic?

What are the more realistic thoughts to have?

ls 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:

### 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:

What have I learned?
Write down the learnings and positive affirmations that you want to remember:

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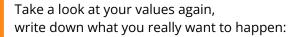
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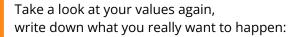
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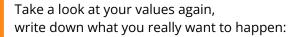
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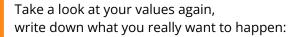
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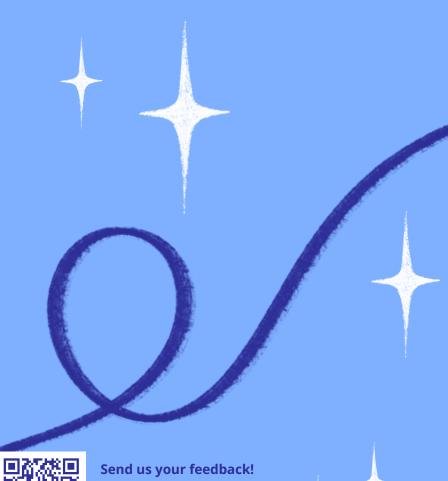
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Send us your feedback! Scan the QR Code to access the feedback form!



