

## ***Feelings Follow Thinking***

**As you work on appropriate resolution of painful emotions and problems - remember the positives in your life:**

Thinking something's not going your way...creates anger.

**Each Day Identify:**

**“What’s going my way in my life?”**

Perceiving or thinking about loss...creates sadness.

**Each Day Identify:**

**“What do I have in my life that I enjoy?**

**What am I grateful for? I’m so lucky because...”**

Thinking about moral conflict...creates guilt.

**Each Day Identify:**

**“What am I proud of?”**

Perceiving or anticipating negative consequences ...creates fear.

**Each Day Identify:**

**“What am I looking forward to?”**