

FEELINGS JOURNAL

Keep track of your feelings between now and your next appointment.

As you become aware of *intensified feelings*, do your best to identify your thinking or the circumstances that brought on the feeling. It is best to try to capture this information as soon as possible after the feeling is identified so as to get accurate information for the session.

Thoughts create Feelings!

Anger (MAD) is created by thinking, “Something’s not going my way.”

Sadness (SAD) is created by perceiving or thinking about “loss.”

Guilt (BAD) is created by thinking, “I’m in conflict with my moral code,” or “I think I’m doing something wrong.”

Fear (FEAR) is created by perceiving or anticipating negative consequences, “Something bad is going to happen.”

MAD

SAD

BAD

FEAR

GLAD