

Insights & Realizations

Insight is the ability to acknowledge what is observed and ultimately to accept the truth. As you acknowledge and accept what is true, your life becomes grounded in the real world and true change becomes possible. Consider: What am I **realizing** now about my life? What am I **discovering** now about my life? What am I **noticing** about my life? Have I recently accomplished anything in my life? How do I **feel** about having accomplished these things?

Stress Management

Describe one of or the largest source of your stress, in detail. Take note of the symptoms (both physical and emotional) that you've experienced in response to stress.

Social support -- list three people who you can turn to for support, and how they can help. How can you use social support to ease one of your current stressors?

Emotional management -- when faced with unpleasant emotions, do you have any habits or tendencies that worsen the situation? List two ways that you've successfully handled unpleasant emotions in the past.

Basic needs -- Consider any basic needs that you tend to neglect during periods of high stress. Describe the steps you can take to protect your basic needs during periods of high stress.

CBT Thought Record

I was/am at [location]. I was/am doing ____. The intensity of these feelings are __%. The Negative Automatic Thought accompanying these feelings is ____. What evidence do I have that supports the thought? What evidence do I have that counters it? An alternative thought I could think is ____. The intensity of these feelings is now __%.

Decatastrophizing

What are you worried about? How likely is it that your worry will come true? (Give examples of past experiences, or other evidence, to support your answer.) If your worry does come true, what's the worst that could happen? What's most likely to happen? If your worry does come true, what are the chances you'll be okay in: one week? One month? One year?

Focus on Feelings

How do I feel? The **feelings** that I feel are ____. The **physical sensations** that I feel when I feel these feelings are ____. The **intensity** of these feelings are about __%. When I feel these feelings I would describe the **images** that I have as like ____. If I could give a **color** to these feelings it would be ____. When I feel these feelings my **inner conversation** goes something like ____. The **behaviors** that I tend to act out when I feel these feelings are ____. The **words** that want to come out of my mouth when I feel these feelings are ____. A **previous time** when I have felt similar feelings was ____. My biggest **fears** in sharing my feelings with the people I'm closest to are ____.

Reversing Core Beliefs

Core beliefs are hardened, rock-like thoughts and assumptions that run in the 'background' of your life; thoughts we hold to be true without any wiggle room. For example, "I'm never going to get better" is a core belief. To reverse that, one could say, "I have the potential to get better." For this exercise, consider: What are my core beliefs? What is the impact on my life of having these beliefs? How could I reverse these beliefs? Is the opposite belief true, or truer than the original?

Self-image & Beliefs

Either in the context of a situation or just how you're feeling, write down beliefs you have about yourself, starting with "I see myself as ..." You will likely consider the more "negative" attributes of your self perception, but also consider the more "positive" attributes as well. After you've completed your list, affirm to yourself: "I am not these beliefs. I am the **observer** of these beliefs."

Miracles

Make a list of a few 'miracles' you want to happen in the future. Write a blurb about each one and how your life would be better if it happens. For each miracle, make a list of: five things keeping it from happening, five positive things that encourage its happening, and five things you can do to reduce the barriers and strengthen the positive influences.

Thinking Errors

Ignoring the good, paying more attention to bad things, and disregarding anything good that happens. **Blowing things up**, making a big deal out of something small, or making something somewhat bad seem like the worst thing ever. **Fortune telling**, thinking you know what will happen in the future, normally negative predictions. **Mind reading**, believing that you know what someone else is thinking, or their motives for doing something, without enough information or evidence. **Negative labeling**, having a negative belief about yourself and believing that it applies to everything you do. **Self-blaming**, blaming yourself for anything that goes wrong around you, even if you had nothing to do with it, or no control over it. **Feelings as facts**, thinking that if you're feeling something, it must be true. **"Should" statements**, believing and insisting that things have to be a certain way.

Problem Solving

Make a list of the things that you feel upset about right now. For each, list several things you can do to gain control of the situation.

Eval. & Letting Go of Neg. Emotions

Context: ___. The Feeling: ___. I have been holding these feelings for ___. Holding on to these feelings have **cost** me ___. What these feelings have done **to** me is ___. The **payoff** in keeping these feelings has been ___. The **possible difference** it could make in my life if I could let these feelings go is ___. The **fears** I have in letting go of these feelings are ___. Is it **possible** that I could let go of these feelings? Am I **willing** to let go of these feelings? **When?** In **this moment** are they gone? If I had the power to replace those feelings with something new I would **like** to feel ___. And I would like to **tell myself** things such as ___. **Could** I let those feelings in? Am I **willing** to let those feelings in? In **this moment** are those feelings present? [Behaviors/words/previous time]



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