

Thoughts, Feelings and Behaviors

Directions:

1. Insert an emotion into the following sentence. Think of a specific situation in which you feel this emotion.
2. Fill in the left side of the worksheet noting how you're your body feels when you have this emotion in the situation you are thinking of, what thoughts you have in this situation and how you react in this situation.
3. Imagine your thought in the same situation changes. Fill in the right side of the worksheet.

What happens to your feelings and behaviors? Is there a change?

1. When I am _____ ...

2. I think

3. I think

I feel like this in my body...

I feel like this in my body...

I behave this way...

I behave this way...
