



RECOGNIZING FEELINGS AND CHALLENGING UNHELPFUL THOUGHTS

You have begun to develop a new skill. Recognizing your feelings and identifying unhelpful thoughts can give you more control when the way you are feeling is getting in the way of achieving what you would like to achieve.

You can use this table as a guide to begin to challenge your unhelpful thoughts.

SITUATION	THOUGHTS	FEELINGS	MORE REALISTIC THOUGHTS	NEW FEELINGS