

EMOTIONAL CHILDHOOD/ADULTHOOD

1. Name a situation that you think causes a negative emotion in you.
2. What happens that triggers you?
3. What is the emotion you have when this happens?
4. Why do you blame this situation for this emotion?
5. What is the thought you are having that is really causing your feeling?
6. What are the facts alone in this situation?
Are they able to create this emotion in you-why or why not?
7. When you blame the situation for how you feel, what action do you take?
8. What are other thought options when you are in this situation?

