

**SESSION**

**10**

## **TAKING CHARGE OF YOUR EMOTIONS II**

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### **SESSION TOOLS**

**Handout 10.1:** The Anxiety Thermometer

**Handout 10.2:** Three Steps to Taking Charge of Your Feelings

**Handout 10.3:** Internal Dialogue Situation 5

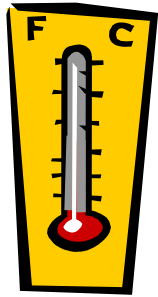
**Handout 10.4:** Internal Dialogue Situation 6

**Handout 10.5:** Internal Dialogue Situation 7

**Handout 10.6:** Hurtful Thoughts Checklist

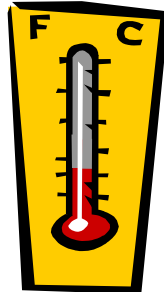
**Handout 10.7:** Helpful Thoughts Checklist

# The Anxiety Thermometer



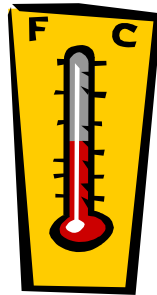
**1**

**Totally  
Relaxed**



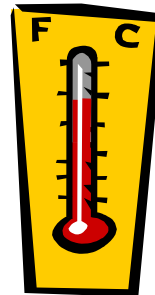
**2**

**Somewhat  
Relaxed**



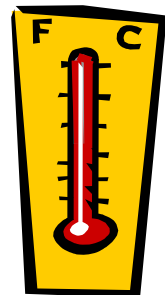
**3**

**Somewhat  
Anxious/Fearful**



**4**

**Very Anxious/Fearful**



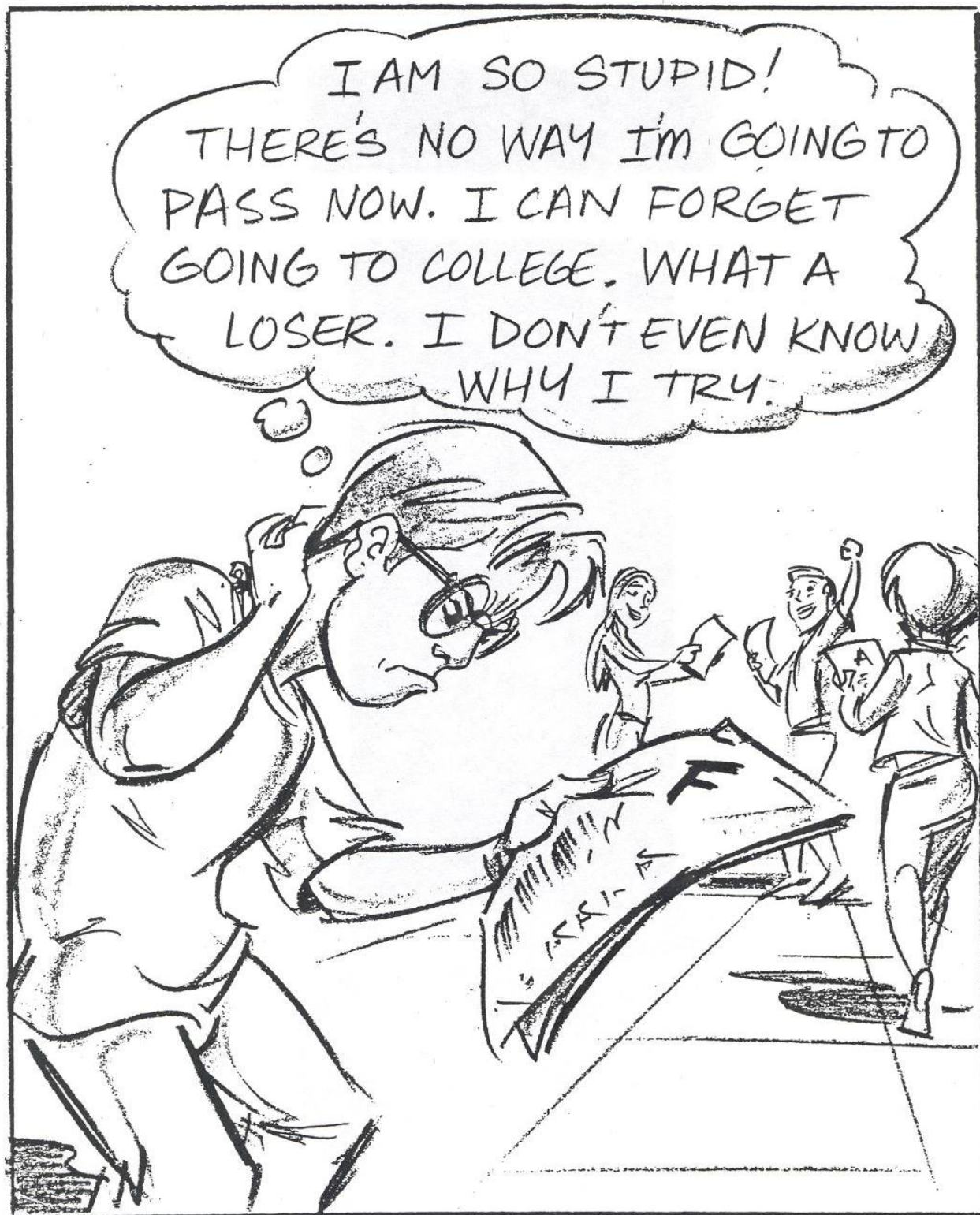
**5**

**Extremely  
Anxious/Fearful**

# Three Steps to Taking Charge of Your Feelings

<b>1. WHAT am I feeling?</b>											
Label your emotion(s) <i>(What are you feeling?)</i>											
Rate it's Intensity (0-10) <i>(How strong is the feeling?)</i>	0	1	2	3	4	5	6	7	8	9	10
<b>2. WHY am I feeling this way?</b>											
What is happening <b>OUTSIDE</b> of me? <i>(describe the situation)</i>											
<hr/> <hr/> <hr/>											
What is happening <b>INSIDE</b> of me? <i>(describe the distressing thought or image-put it into words)</i>											
<hr/> <hr/> <hr/>											
<b>3. HOW can I feel better?</b>											
<b>a. What are the problems with looking at the situation in this negative way?</b> <i>(What doesn't make sense or is counterproductive?)</i>											
<hr/> <hr/> <hr/>											
<b>b. What is a more positive and constructive way of looking at the situation?</b>											
<hr/> <hr/> <hr/>											
Rerate the intensity of the emotion you are feeling:											
Rate the Intensity (0-10) <i>(How strong is the feeling?)</i>	0	1	2	3	4	5	6	7	8	9	10

## Internal Dialogue Situation 5





## Internal Dialogue Situation 6

