

Alternative Interpretation Illustration 3



Three Steps to Taking Charge of Your Feelings

1. WHAT am I feeling?											
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
2. WHY am I feeling this way?											
What is happening <u>OUTSIDE</u> of me? <i>(describe the situation)</i>											
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What is happening <u>INSIDE</u> of me? <i>(describe the distressing thought or image-put it into words)</i>											
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3. HOW can I feel better?											
a. What are the problems with looking at the situation in this negative way? <i>(What doesn't make sense or is counterproductive?)</i>											
<hr/> <hr/> <hr/>											
b. What is a more positive and constructive way of looking at the situation?											
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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

Helpful Thoughts Checklist

Which Helpful Thoughts Can I Use to Challenge Hurtful Thoughts?	
<p>Feeling Loved or Lovable (emotional closeness)</p> <p><input type="checkbox"/> Someone understands me.</p> <p><input type="checkbox"/> Someone loves me.</p> <p><input type="checkbox"/> Some people can be trusted.</p> <p><input type="checkbox"/> I'm a good person.</p> <p><input type="checkbox"/> There's nothing wrong with me (I'm OK).</p> <p><input type="checkbox"/> It's not my fault that bad things happen.</p> <p><input type="checkbox"/> I deserve to be happy.</p> <p><input type="checkbox"/> I'm as good as other kids.</p> <p><input type="checkbox"/> I can connect with people.</p>	<p>Having Confidence in My Abilities</p> <p><input type="checkbox"/> I have what it takes—I can do this.</p> <p><input type="checkbox"/> I'm smart.</p> <p><input type="checkbox"/> I'm a winner.</p> <p><input type="checkbox"/> There are some problems right now, but I know I can handle them.</p> <p><input type="checkbox"/> I can do things as well as other kids.</p> <p><input type="checkbox"/> People respect me.</p>
<p>Feeling Liked or Likeable (social connection)</p> <p><input type="checkbox"/> People like me.</p> <p><input type="checkbox"/> I'm a good friend.</p> <p><input type="checkbox"/> I fit in.</p> <p><input type="checkbox"/> I'm fun to be around.</p> <p><input type="checkbox"/> I'm cute.</p>	<p>Having Confidence in Others</p> <p><input type="checkbox"/> There are people I can depend on if I need help.</p> <p><input type="checkbox"/> I'm not alone in this—other people have been through this and they will understand and know how to help me.</p>
<p>Feeling Needed</p> <p><input type="checkbox"/> People appreciate me.</p> <p><input type="checkbox"/> People need me.</p> <p><input type="checkbox"/> I'm important.</p> <p><input type="checkbox"/> The world is a better place because I'm here.</p>	<p>Guidance and Advice</p> <p><input type="checkbox"/> There are people I can go to who will know how to help.</p>
<p>Other Helpful Thoughts</p> <p>____ (describe) _____</p> <p>____ (describe) _____</p> <p>____ (describe) _____</p> <p>____ (describe) _____</p> <p>____ (describe) _____</p>	