1. Write a concise, complete sentence describing something that you experience as stressful or challenging. It's helpful to use the words "should" or "shouldn't."
   (EX.: "THEY SHOULD LISTEN TO ME")

2. How strongly do you feel this belief to be true?
   
   0 1 2 3 4 5 6 7 8 9 10

3A. How do you FEEL when you believe this?
   (CIRCLE BELOW OR ADD YOUR OWN)
   abandoned afraid angry annoyed
   anxious confused depressed desperate
   embarrassed frustrated helpless hopeless
   hurt impatient inadequate insecure
   invisible jealous nervous rejected
   resentful tense upset worried

3B. How do you ACT when you feel this way?
   (CIRCLE BELOW OR ADD YOUR OWN)
   argue belittle blame bully
   complain cry drink eat
   escape fight find fault with give up
   gossip insult interrupt lose sleep
   manipulate obsess overwork pity myself
   preach procrastinate shop shut down
   smoke suffer withdraw yell

4. Write the negation of your statement from Step 1. In most cases, you add “In reality” at the beginning, flip the main verb, and add “at this time” or “at that time” at the end.
   
   ________________________________________________________________
Write below all the proof you can find that supports the negation being true in reality at this time (or in the past). Be thorough, using an additional sheet of paper if necessary.

Read what you found out loud to yourself. Can you come up with any more proof?

Do you see the negation as true in reality at a single point in time?

How do you FEEL when you see the truth of this?
(CIRCLE BELOW OR ADD YOUR OWN)

- calm
- clear
- compassionate
- connected
- curious
- enlightened
- enthusiastic
- excited
- free
- grateful
- honest
- humble
- intimate
- light
- loving
- optimistic
- peaceful
- playful
- relaxed
- relieved
- serene
- supportive
- tolerant
- understanding

What ACTIONS might come from this?
(CIRCLE BELOW OR ADD YOUR OWN)

- accept
- apologize
- approach
- be honest
- breathe
- clarify
- communicate
- contribute
- delegate
- exercise
- focus
- explore
- follow through
- forgive
- give thanks
- listen
- make amends
- open up
- participate
- prioritize
- reach out
- share
- speak up
- support

Read your original statement again. How strongly do you feel this belief to be true now?

0 1 2 3 4 5 6 7 8 9 10

Congratulations on completing your worksheet. Review it later in the day to see if you can deepen your insights further.