

Understanding Your Thoughts, Feelings, & Reactions

Use this worksheet to break down a situation and better understand how your thoughts, emotions, and reactions are connected.

Answer the following questions:

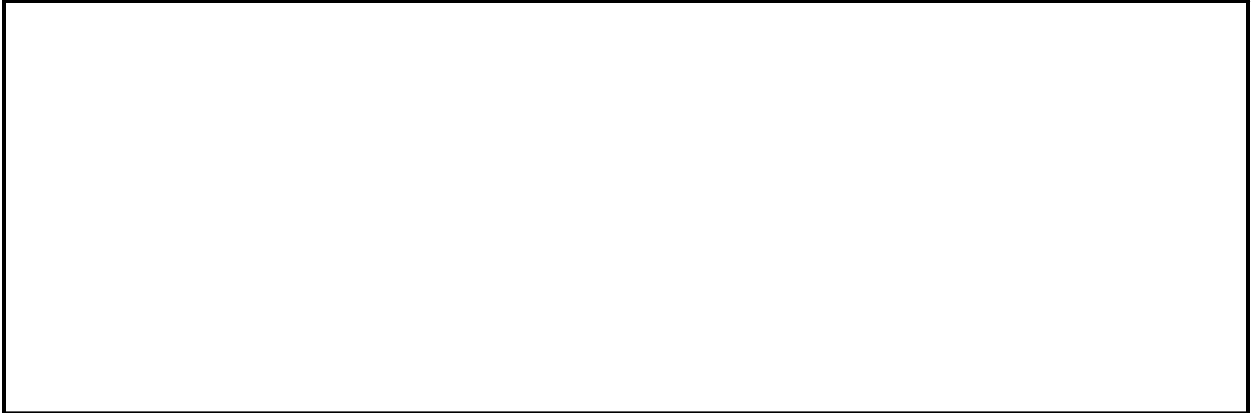
1. What happened? Briefly describe the situation or event.

2. What were you thinking? What thoughts went through your mind in that moment?

3. What did you feel? List your emotions and rate their intensity.

4. What did you do? How did you respond or react (behaviorally or physically)?

5. Looking back... 1) Was there another way to view the situation? 2) What would you say to a friend in this situation? 3) What is a more balanced thought or action?

A large, empty rectangular box with a black border, intended for the student to write their reflections on the questions provided above.