

Assignment — Part 1

Name: _____

This week, I am going to:

1. _____

THIS SHOWS YOU HOW I FELT WHEN I DID IT:

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				

2. _____

THIS SHOWS YOU HOW I FELT WHEN I DID IT:

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				

Assignment — Part 2: Hot Seat Thoughts

Name: _____

In the box, write something that happened to you that made you upset. Then write down some of the thoughts you had under “Unhelpful Thoughts.”

What happened:

UNHELPFUL THOUGHTS

HOT SEAT THOUGHTS
