Feeling and Thinking

1. What situation is difficult for you to deal with?

2. How do you feel when in the situation listed?

3. What is your negative thinking when you have these negative feelings?

4. How do you act as a result of your negative thinking and feelings?

5. How would you like to feel?

6. What positive thinking would help you feel better about the situation?

7. What beliefs would give you more confidence?

8. As a result of your positive thinking and beliefs, what will you do?