

FACTS, FEELINGS & THOUGHTS WORKSHEET

1

Think about a time or situation that is a struggle for you.

2

Note two or three negative feelings you experience in that situation.

3

Use the questions below to examine each feeling more closely. Be genuinely curious and totally honest with your answers. This is the component of the exercise that facilitates the most insight.

What are the thoughts behind the feeling(s)?

What thoughts are facts? Are you sure the thought is 100% true?

What thoughts are based on stories or assumptions?

If you didn't have these thoughts, how might that change the way you experience the situation?

Pause a while. Let your reflection settle in.

4

Mentally revisit the situation. Do you feel differently or less intensely about it?

5

Offer self-compassion. If your best friend or a loved one shared this process with you, what kind words might you offer? Extend those same consolations or gestures to yourself.