

## Identifying Emotions and Thoughts

Situation	Emotions/moods	Thoughts/images
<p>What were you doing? Was anyone with you? What time or period of the day was it? Where did it happen?</p>	<p>Identify how you were feeling and rate each emotion 0-100%</p>	<p>What were you thinking just before you started to feel this way? What went through my mind? What did the thoughts mean to me? What am I responding to? What button is this pressing for me? What is my fear? What am I afraid will happen? What does this say about me? What does this mean about me, my life of my future? What does this mean about people or the world in general?</p>

