

Exercise sheet

I ANALYSE A SITUATION, ACCEPT MY EMOTIONS



I analyse a situation...

What emotion do I want to change?

What event triggered my emotion?

What are my thoughts and certainties about the event?

I consider other possible interpretations

I analyse my initial interpretations to see if they correspond to the facts

Is there a threat to me in this situation?

What's the probability? What are the outcomes?

Exercise sheet

I ANALYSE A SITUATION, ACCEPT MY EMOTIONS

What kind of disaster could happen?

Actions to deal with the situation

Does my emotion and/or its intensity correspond to the real facts?

I'm working on accepting my emotions

List my suffering: thoughts, emotions, memories and sensations that I don't want:

List my solutions to reduce, avoid or escape thoughts, emotions, sensations, memories...	Short term	Long term