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FORM 8.3

Emotionally Intelligent Thought Record (Short Form)

1. Situation

What is going on around you, in your environment, right now? Where are you? Who is with you? What are you doing?

2. Physical Sensations

In this situation, what physical sensations do you notice yourself experiencing in your body? Where in your body do you feel such sensations?

(cont.)

3. Emotions

Using one word, describe and "label" this emotion that you are feeling in this moment. How intensely would you say you are feeling this emotion on a scale of 0–100?

4. Thoughts

What thoughts are going through your mind in this situation?

5. "Learning To Stay"

For a moment, take this opportunity to learn to stay with your experience, just as it is. Follow the flow of your breath. In the space that follows, write down any observations you may make about this.

(cont.)

6. Responding "Inside"

How might you best respond to your thoughts and emotions in this moment?

What would a self-compassionate, rational, and balanced response be?

7. Responding "Outside"

In this situation, are there any actions in the world that you need to take to pursue your valued directions? If so, what would these actions be?