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FORM 9.1

Distinguishing Thoughts from Feelings

Directions: When you are feeling upset, you are probably having upsetting thoughts. Let's say you are feeling sad. You might be thinking, "Nothing will ever get better." Or let's say you feel angry. Your thought might be, "He's treating me with disrespect." In the left column, describe the situation (what was going on), in the center column describe your feelings (e.g., sad, angry, anxious), and in the right column describe your thoughts.

Situation	**Feelings**	**Thoughts**
Describe what was going on, what led up to it, what the context was.	Identify your feelings or emotions (*examples*: sad, helpless, anxious, afraid, numb, hopeless, angry, jealous, empty, happy, relieved, curious).	What were you thinking?