

# Feelings



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



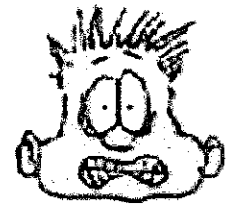
HAPPY



MISCHIEVOUS



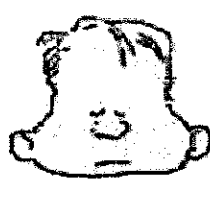
DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



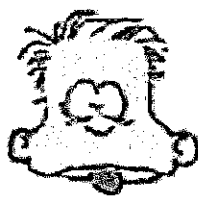
CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

# Thinking Mistakes

## ***BLACK/WHITE THINKING:***

You view a situation or person as all good or all bad, without noticing any points in between.

## ***PREDICTING THE WORST:***

You predict the future negatively without considering other more likely outcomes.

## ***MISSING THE POSITIVE:***

You focus on the negatives and fail to recognize your positive experiences and qualities.

## ***FEELINGS AS FACTS:***

You think something must be true because you “feel” it so strongly, ignoring evidence to the contrary.

## ***JUMPING TO CONCLUSIONS:***

You decide that things are bad without any definite evidence.

### ***MINDREADING:***

You assume that you know what others are thinking without asking.

### ***FORTUNE TELLING:***

You predict things will turn out badly.

## ***ASSUMING CONTROL:***

You assume that you can control how others behave in situations where you really don't have any control.

## ***EXPECTING PERFECTION:***

You believe that you (or others) should be perfect in the things that you (or others) say or do.

(Adapted from Beck, 1995)

# HELP WITH DISPUTING BELIEFS



## **1. Is it true?**

Am I making a thinking mistake?

What evidence do I have that it is true/false?

What would my friend say if he/she heard this belief?

## **2. Is this belief helpful? What are the Pros and Cons?**

Does this belief help get me what I want?

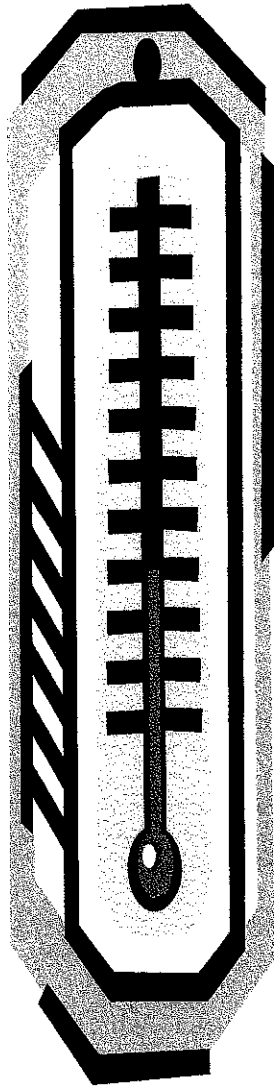
Does this belief help me feel the way I want?

Does this belief help me avoid conflicts?

## **3. Is there another explanation?**

# FEELINGS THERMOMETER

**Extremely** \_\_\_\_\_



**10** \_\_\_\_\_

**9** \_\_\_\_\_

**8** \_\_\_\_\_

**7** \_\_\_\_\_

**6** \_\_\_\_\_

**5** \_\_\_\_\_

**4** \_\_\_\_\_

**3** \_\_\_\_\_

**2** \_\_\_\_\_

**1** \_\_\_\_\_

**Calm and Cool**

# FAMILY PROBLEM SOLVING WORKSHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Select problem: \_\_\_\_\_

## Options

## Likely Outcome (+, -, +/-)

Teen      Parent

1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



Circle the **V**ery Best One

**E**valuate: How well did it work?

1  
not  
well

2

3

4

5  
very  
well

Adapted from: Clark, Lewinsohn, & Hops (1990)

# THOUGHT CHANGING WORKSHEET

## 1st Step: Activating Event

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## 2<sup>nd</sup> Step: Beliefs (skip 2<sup>nd</sup> step)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

## 3<sup>rd</sup> Step: Consequences or Feelings (go back to 2<sup>nd</sup> step)

1 \_\_\_\_\_ 2 \_\_\_\_\_

## 4<sup>th</sup> Step: Disputes

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

## 5<sup>th</sup> Step: Effect or Change

1. I feel better

2. I can make better decisions

# BODY TALK WORKSHEET

Tension in Body	Other Body Talk	Behaviors
Forehead	Fast heart beat	Fold Arms
Jaw	Sweating	Slam door
Neck	Shortness of breath	Throw things
Chest	Breathe quickly	Kick things
Shoulders	Hot flashes	Hit/punch things
Arms	Rash	Yell
Hands (fist)	Lump in throat	Swear
Legs	Headache	Pull your hair
Back	Cry	Hit others
		Give the silent treatment

**Problem:** \_\_\_\_\_

## My Stay Cool Plan

Things I Said to Myself



Things I Did

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## How Helpful Was My Stay Cool Plan?

1

2

3

4

5

Not Helpful  
At All

Somewhat  
Helpful

Helpful

Pretty  
Helpful

Very  
Helpful