

Identifying My Thoughts and Emotions

Context: In which area of my life do I seem to be troubled?		
<input type="checkbox"/> My Marriage	<input type="checkbox"/> My Financial Situation	<input type="checkbox"/> My Alcohol/Drug Use
<input type="checkbox"/> My Primary Relationship	<input type="checkbox"/> My Spiritual Life	<input type="checkbox"/> My Social Life
<input type="checkbox"/> My Work	<input type="checkbox"/> My Inner Life	<input type="checkbox"/> My Past
<input type="checkbox"/> My Family of Origin	<input type="checkbox"/> My Education	<input type="checkbox"/> My Future
<input type="checkbox"/> My Current Family	<input type="checkbox"/> My Communication	<input type="checkbox"/> My Body
In one or two sentences, what do I seem to be most troubled about? _____		
What is the name of the person involved, if any? _____		

What am I feeling?	What am I telling myself? What is my inner conversation? What do I believe is so? What do I say, "should" or "should not" be

1. **How long have I had these feelings and thoughts?** When can I first recall having these feelings?

2. **What *behaviors* do I act out when I have these feelings?** Do I try to control? Do I try to be "right"? Do I "justify" myself? Do I punish someone? Do I blame? Do I play being a "victim"? Do I try to be "safe"? Do I try to "fix" someone? Do I "hide" or "pretend"? Do I avoid? Do I try to "dominate" someone?

3. **What is it doing *to* me to have these feelings and thoughts?** What is the *impact* on my life? how do these emotions affect me? Do these feelings help me or hurt me? Do these feelings bring me pain and misery or joy and happiness? Do these feelings bring me closer to what I want in life or do they hold me back? What is the *cost* of having these feelings?

4. While we don't like to think that we are getting some *payoff* out of maintaining certain emotions, consider that there is something that you "get" or *attempt* to "get" out of having these feelings. **What is it doing *for me* to have these feelings?** What am I trying to *get* by having these emotions? Is it working?

5. **What is a possible difference it could make to my life if these feelings disappeared?** What would the disappearance of these feelings make available to me? Is there any fear in *not* having these feelings?

6. **Who do I say is responsible for these feelings?** What are my *beliefs* about who is responsible? And who is *really* responsible for these feelings. Who is choosing these emotions? Can I *take* responsibility for these feelings?

7. **How long do I really want to hang on to these feelings?** For the rest of my life? For a few more years? For a few more weeks? A few more days? A few more hours, minutes, seconds? Or, no longer?

8. **Is it *possible* for me to let go of my negative thoughts and feelings?**

9. **Am I *willing* to let go?**

10. **When?** (*Be* with the feelings until they are gone)

11. **Are they gone?** Completely? Am I willing to let go of my negative thoughts and feelings *completely*? Are they gone now?

12. **What am I feeling *right now*?** How am I seeing my situation now? How *could* I see my situation? Can I see my situation in a new light now?

13. Can I imagine never, ever having these feelings again? **Can I let go of any *attachment* that I *must* or *will* have these feelings again?**

14. Can I imagine *always* having these feelings? **Can I let go of any *fears* of these feelings coming back?**
15. If I could replace these feelings with a *new possibility* that would really make a difference in my life, what would I like to *feel*? How would I like to *be*? What is another way that I could *see* this situation? Or, is there another way I could *think* about this situation? **If I *could* replace those negative feelings with a new possibility, what would I replace them with?**
16. **Am I *willing* to allow these new feelings into my awareness now?**