

Taking an Emotional Pulse

	CONTEXT	FEELING	because I am...	NATURE OF THOUGHT	THOUGHT	ACTION
In regard to my...	<input type="checkbox"/> marriage <input type="checkbox"/> primary relationship <input type="checkbox"/> work <input type="checkbox"/> family of origin <input type="checkbox"/> financial situation <input type="checkbox"/> current family <input type="checkbox"/> spiritual life <input type="checkbox"/> inner life <input type="checkbox"/> education <input type="checkbox"/> communication <input type="checkbox"/> alcohol/drug use <input type="checkbox"/> social life <input type="checkbox"/> body <input type="checkbox"/> past <input type="checkbox"/> future <input type="checkbox"/> present moment <input type="checkbox"/> event _____ <input type="checkbox"/> relationship with _____ <input type="checkbox"/> other _____	I am feeling...	because I am...	<input type="checkbox"/> believing <input type="checkbox"/> telling myself <input type="checkbox"/> interpreting <input type="checkbox"/> assuming <input type="checkbox"/> demanding <input type="checkbox"/> imagining <input type="checkbox"/> concluding <input type="checkbox"/> expecting <input type="checkbox"/> remembering <input type="checkbox"/> picturing	which leads to the action of...	
EXAMPLE	marriage	<i>resentment anger</i>	because I am...	telling myself	<i>Susan does not care about how we spend money</i>	<i>blaming her and making her wrong</i>