

## Group Discussion

Record your answers to the following questions.

- **Over the last week, what was the strongest emotion(s) you experienced?**
- **What thoughts were you having when you experienced this emotion?**
- **How did you become aware of this feeling?**
- **Did you recognize the emotion as you were experiencing it?**
- **Did you become aware of your emotions by your body's reaction, or because of the thoughts you were thinking?**

## Thoughts or Feelings?

For each item, indicate whether it is a thought or a feeling. Even though all of the examples begin with “I feel...” some are actually thoughts.

Be prepared to explain the reason for your choice.

- |                                                        |                                  |                                  |
|--------------------------------------------------------|----------------------------------|----------------------------------|
| 1. I feel that something wonderful is going to happen. | <input type="checkbox"/> THOUGHT | <input type="checkbox"/> FEELING |
| 2. I feel lonely.                                      | <input type="checkbox"/> THOUGHT | <input type="checkbox"/> FEELING |
| 3. I feel like I can never do anything right.          | <input type="checkbox"/> THOUGHT | <input type="checkbox"/> FEELING |
| 4. I feel so ashamed.                                  | <input type="checkbox"/> THOUGHT | <input type="checkbox"/> FEELING |
| 5. I feel as though nothing in my life is working.     | <input type="checkbox"/> THOUGHT | <input type="checkbox"/> FEELING |
| 6. I feel very upset.                                  | <input type="checkbox"/> THOUGHT | <input type="checkbox"/> FEELING |

## Thoughts or Feelings?

7. I feel as if my life will just get better and better.

☐ THOUGHT ☐ FEELING

8. I feel strong.

☐ THOUGHT ☐ FEELING

9. I feel nervous.

☐ THOUGHT ☐ FEELING

10. I feel so worthless.

☐ THOUGHT ☐ FEELING

11. I feel like I am a burden to my family.

☐ THOUGHT ☐ FEELING

12. I feel self-conscious.

☐ THOUGHT ☐ FEELING

13. I feel upset.

☐ THOUGHT ☐ FEELING

14. I feel that I am a despicable person.

☐ THOUGHT ☐ FEELING

15. I feel wonderful.

☐ THOUGHT ☐ FEELING

**What?**

What is the connection between your thoughts, feelings, and actions?

**So What?**

What can happen when you react to negative situations too quickly without thinking things through?

**Now What?**

In what area(s) of your life would you like to have more self-control?