

Name: _____

2.3

APPLYING



Applying the thought-emotion-action connection as you go through the next several days. Describe several different difficult situations you face. For each situation, explain how you are able to manage your emotions, thoughts, and actions.

1

Situation:

Emotion:

Thoughts:

Actions:

2

Situation:

Emotion:

Thoughts:

Actions:

3

Situation:

Emotion:

Thoughts:

Actions:

4

Situation:

Emotion:

Thoughts:

Actions:

Name:

2.3

PRACTICING

You will be given a difficult situation to work through—one that your fellow students have faced. Cooperate with your group to identify your emotions, thoughts, and actions in response to the situation. Then describe how you would deal with the situation.

- 1 What is the difficult situation that you must think about?
- 2 What are the emotions that the situation causes? How do you feel about the situation?
- 3 What are your thoughts in relation to the difficult situation?
- 4 How can you apply reason to think about the situation? Write a few thoughts down. For each thought, consider: Is this thought true? Is it helpful?
- 5 How can you expand your thinking? What other way is there to view the situation? What is a different, more helpful thought?
- 6 What is the outcome? How might your emotions have changed during the experience?
- 7 What positive action can you take? How can you choose actions in a way that will make the situation better rather than making it worse?