

Model Worksheet

In the space below, write down the story of what happened.

* What are the neutral facts of what happened? [CIRCUMSTANCE]

* In a short phrase, what are you making it mean? [THOUGHT]

* Write a one-word emotion that the thought makes you feel. [FEELING]

* Write all the things you are doing/not doing, including self-talk. [ACTIONS]

* Starting with "I", what is this creating in your life? [RESULT]
