

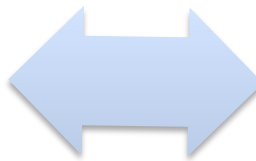
My Feeling is :

\_\_\_\_\_

I can change this by changing my thoughts and behaviors.



**Thoughts:** What thoughts are causing this distress? What thoughts would be less stressful? How can I change my thoughts in this case? Byron Katie, journaling...



**Behaviors:** What behaviors can I change that will change my feelings? Tools: WWWWWH, GEMS, Grounding list, My happy moments list, My list of positive, helpful behaviors.

