

Self Therapy

Objective

This worksheet is designed to help you engage in self-reflection and gain insights into your thoughts and emotions. By completing this exercise, you can enhance self-awareness and develop a deeper understanding of your inner experiences.

1. Identify the Trigger

Describe the situation or event that triggered your current thoughts and emotions. Be specific about what happened and how it made you feel.

Trigger:

2. List Your Thoughts

Write down the thoughts that are currently running through your mind. Try to capture both positive and negative thoughts related to the situation.

Positive:

Negative:

3. Explore Emotions

Identify the primary emotions you are experiencing. Use a feelings chart or list to help you pinpoint and label your emotions accurately.

Emotions:

4. Challenge Negative Thoughts

If you identified negative thoughts, challenge them by asking yourself:

- Are these thoughts based on facts or assumptions?
- What evidence supports or contradicts these thoughts?
- How might someone else view the situation?

Challenges:

Facts vs. Assumptions:

Contradicting Evidence:

Alternative Perspectives:

5. Positive Re-framing

Re-frame negative thoughts into more positive or balanced perspectives. Consider alternative explanations or interpretations of the situation.

Positive Reframe:

6. Identify Behavioral Triggers

Reflect on any behavioral patterns or habits associated with your emotions. Are there specific actions or reactions that tend to accompany certain emotions?

Behavioral Triggers:

7. Self-Compassion

Practice self-compassion by acknowledging that everyone experiences challenging emotions. Be kind to yourself and recognize that it's okay to feel the way you do.

Self-Compassion Statement:

8. Action Plan

Based on your reflections, outline one or two practical steps you can take to address the situation positively or cope with your emotions constructively.

Action Steps:

a.

b.

9. Future Reflection

Consider keeping a record of your emotional experiences and reflections over time. This can help you track patterns, identify triggers, and measure your progress in self-awareness and emotional regulation.

Future Reflection: