

Manage Emotions Worksheet

List Your Typical Trigger Events	Label Emotion Response	Automatic Assumptive Belief	Is the Assumption True 100%? Provide Alternative Evidence	What would be a more accurate Belief based on actual evidence?	How does the new belief make you feel now?
<p>This is anything you worry about or triggers blocking behaviours or avoidance. Or just things on your to do list</p> <p>Eg Major new Project.</p>	<p>Label emotion you feel as a result of the trigger.</p> <p>Worry/anxiety</p>	<p>The thought paired with the emotion, - feel the emotion to catch the assumptive thought. These are thinking errors at an unconscious level. Beliefs like I am not good enough or unworthy</p> <p>Eg I will fail</p>	<p>The assumption is a thinking error so it wont stack up against reality.</p> <p>The emotion brain reacts no matter whether something is true or not.</p> <p>List evidence that contradicts the assumption.</p> <p>Eg: I succeed on most projects even if I mess up I always fix my mistakes. I have always produced outcomes.</p>	<p>Write what would be a more accurate assumptive belief based on your reality.</p> <p>Eg : I always try my best and have never completely failed on a project.</p> <p>I succeed most of the time.</p>	<p>KEY PART</p> <p>This technique works when you involve emotion. So here you should imagine the new belief and feel a emotional response</p> <p>Eg RELIEF /CALM</p>