1. Briefly describe the upsetting incident in a sentence or two.
2. Choose three feelings from the feelings provided below. If you can’t find three that fit, at least find two if you selected anger. Anger is a second emotion so this forces you to really think about what you were feeling first. Once you select the feelings, place an X on the scale to rate the intensity of each feeling from 1 – 100%. 1 being hardly at all and 100 being extremely intense.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| angry | confused | demoralized | enraged | guilty | irritated | nervous | scared |
| annoyed | rejected | disappointed | envious | humiliated | jealous | panicky | self-conscious |
| anxious | depressed | disgusted | frightened | hurt | lonely | resentful | stressed |
| bored | defensive | embarrassed | frustrated | insecure | mad | sad | worried |

Feeling 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100
2. In a few sentences, describe what was going through your mind when you started feeling this way?
3. Select the type of distortions in your thinking that you feel fit this situation? Highlight or circle all that apply.

|  |  |  |  |
| --- | --- | --- | --- |
| All-or-nothing  Seeing this incident as black-or-white with no middle ground (ex perfect/worthless) | Labeling  Describing yourself or others involved in this incident using negative labels. | Intolerance of uncertainty  Not being able to deal with uncertainty or the unknown relating to this incident. | Should and must thinking  Insisting that people related to the incident “should” or “must” be a certain way. Expecting everyone to live by your standards or rules. |
| Blaming  Blaming either yourself or others too much for this incident instead of focusing on what you can do. | Mind reading  Assuming you know what another person is feeling or thinking about this incident without checking with them. You jump to conclusions about someone else’s intentions. | Fortune telling  Predicting negative outcomes relating to this incident. | Personalizing  Telling yourself that events of this incident relate to you when they don’t. |
| Catastrophizing  Blowing things way out of proportion, insisting you won’t be able to handle this incident, or thinking it will never end. | Negative filtering  Ignoring the positives from this incident. You have trouble seeing the whole picture because you are focused on the negatives. | Emotional reasoning  You think something is true relating to this incident because it “feels” true. Your feelings are guiding your decisions too much. | Overgeneralizing  You find yourself saying people or things related to this incident are “always” or “never” a certain way. |
| Downplaying positives  Minimizing or dismissing positive qualities or behaviors relating to this incident by telling yourself they are not important. | Not accepting  Wishing things were different about this incident instead of accepting the situation and moving forward. |

1. Look back at each step so far. Think about how you can look at this situation without any of the distorted thinking you selected above. We call this reframing.
2. List the feelings you had when you started this exercise and re-rate them.

Feeling 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Erhardt, D. &. Dorian, E. (2015). MoodKit App. Thriveport.

**SAMPLE**

1. Briefly describe the upsetting incident in a sentence or two.

**I sent my first choice school an email showing my interest and I haven’t heard back from them. As a matter of fact, hardly anyone even bothers to respond. I shouldn’t even bother going to the job fair because I’m never going to even get any interviews. I’m just going to be wasting my money. These administrators don’t understand how stressful this process is for us.**

1. Choose three feelings from the feelings provided below. If you can’t find three that fit, at least find two if you selected anger. Anger is a second emotion so this forces you to really think about what you were feeling first. Once you select the feelings, place an X on the scale to rate the intensity of each feeling from 1 – 100%. 1 being hardly at all and 100 being extremely intense.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| angry | confused | demoralized | enraged | guilty | irritated | nervous | scared |
| annoyed | rejected | disappointed | envious | humiliated | jealous | panicky | self-conscious |
| anxious | depressed | disgusted | frightened | hurt | lonely | resentful | stressed |
| bored | defensive | embarrassed | frustrated | insecure | mad | sad | worried |

Feeling 1  **anxious**

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_X\_\_\_\_\_\_\_ 100

Feeling 2 **scared**

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_X\_\_\_\_\_\_\_\_ 100

Feeling 3 **insecure**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_X\_\_\_ 100
2. In a few sentences, describe what was going through your mind when you started feeling this way?

**I have great experience in reputable schools and I thought my references would be solid because of my teaching and the amount of extra effort I give outside of school hours. I guess I’m not as good as I think I am and this school clearly doesn’t have any interest. The schools I contact should at least have the decency to contact me. I have lost my confidence that it’s even worth my while to go to the job fair.**

1. Select the type of distortions in your thinking that you feel fit this situation? Highlight or circle all that apply.

|  |  |  |  |
| --- | --- | --- | --- |
| All-or-nothing  Seeing this incident as black-or-white with no middle ground (ex perfect/worthless) | Labeling  Describing yourself or others involved in this incident using negative labels. | Intolerance of uncertainty  Not being able to deal with uncertainty or the unknown relating to this incident. | Should and must thinking  Insisting that people related to the incident “should” or “must” be a certain way. Expecting everyone to live by your standards or rules. |
| Blaming  Blaming either yourself or others too much for this incident instead of focusing on what you can do. | Mind reading  Assuming you know what another person is feeling or thinking about this incident without checking with them. You jump to conclusions about someone else’s intentions. | Fortune telling  Predicting negative outcomes relating to this incident. | Personalizing  Telling yourself that events of this incident relate to you when they don’t. |
| Catastrophizing  Blowing things way out of proportion, insisting you won’t be able to handle this incident, or thinking it will never end. | Negative filtering  Ignoring the positives from this incident. You have trouble seeing the whole picture because you are focused on the negatives. | Emotional reasoning  You think something is true relating to this incident because it “feels” true. Your feelings are guiding your decisions too much. | Overgeneralizing  You find yourself saying people or things related to this incident are “always” or “never” a certain way. |
| Downplaying positives  Minimizing or dismissing positive qualities or behaviors relating to this incident by telling yourself they are not important. | Not accepting  Wishing things were different about this incident instead of accepting the situation and moving forward. |

1. Look back at each step so far. Think about how you can look at this situation without any of the distorted thinking you selected above. We call this reframing.

**I have submitted all documents to Search and my references are all in place. I have had positive feedback from administrators here and previous schools so I trust that my references are fine. Search says not to place our emphasis on certain schools and to be open. I haven’t followed that advice and I’ve focused my energy on one popular school. If I’m not careful, I could miss an amazing opportunity in a school and country I haven’t considered before. I have moved 3 times already to places and schools I was not familiar with and have had positive experiences. There is no reason for me to believe that I will go this whole recruiting season without landing a position. I also need to be mindful that schools are piecing puzzles together. I might not fit some of my top choices’ needs. I need to find much healthier ways to relieve my stress at this time.**

1. List the feelings you had when you started this exercise and re-rate them.

Feeling 1 anxious

1 \_\_\_\_\_\_\_\_\_\_\_X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 2 scared

1 \_\_X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 3 insecure

1 \_\_\_\_X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

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