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.

**My mom really laid into me for constantly being on my phone and I can’t see where what I’m doing is any different from how much I see her using her phone. She seems to have serious double standards.**

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  **angry**

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

Feeling 2 **annoyed**

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

Feeling 3 **worried**

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

**I got in trouble for using my phone too much. I can’t believe that my mom never understands that I’m simply keeping in touch with my friends. She acts like she doesn’t trust me and it seriously gets on my nerves. I hate when she threatens to take my phone away when she is constantly using her phone in front of me. I worry about not being able to contact my friends if I have my phone taken away. I feel like she has no clue what it’s like to be a teenager these days. She’s out of touch and inconsiderate of my feelings.**

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.

**My mom got upset because I checked my phone while we were eating dinner. We do have a family rule about being disconnected during family dinners and I have to be fair in saying that my mom does turn off her phone. I could find a time to talk with my mom about how I feel she uses her phone at times I am trying to share with her. Maybe we could then come to an understanding so we both feel like we are giving the other person our undivided attention at certain times of the day. I could also be more open with her about the people I communicate with and the types of communication we do. I realize that my mom is worried because some people my age really do share inappropriate things. I need to recognize that she’s worried about me and her overreaction comes from fear, not anger.**

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

Feeling 1 **angry**

1 \_\_*X*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 100

Feeling 2 **annoyed**

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

Feeling 3 **worried**

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

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