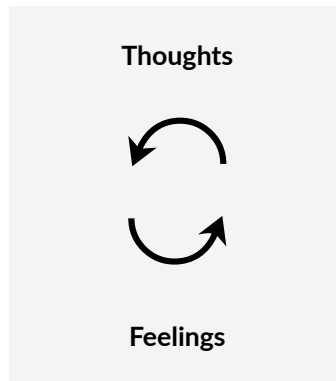


Linking Feelings and Situations

Having the ability to link our emotions with our context can be very helpful.

This allows us to begin exploring how we interpret different scenarios with our thoughts, and eventually, it can enable us to look at the relationship that exists between our thoughts and feelings.



This simple worksheet can be used to identify past situations where you have previously felt common emotions such as fear, sadness, and happiness.

Don't think too hard about the answers to these questions. Choose a recent example if you have one, e.g. "I missed the bus and was late," or "I burned my dinner."

Linking Emotions With Situations

I felt angry when...

I felt happy when...

I felt sad when...

I felt ashamed when...

I felt scared when...