

Express Your Self

Awareness #2: Thoughts + Feelings Check-In



The range of emotions that are experienced throughout the day can be triggered by specific events, and thoughts about those events. For example, if the event is a rainy day, someone might think, “Oh no! I don't have my umbrella, so now I'm going to get soaking wet!” – and they might feel frustrated. But then they might think, “I guess this means I don't have to water my garden today!” – and they might feel content. You can't change an event, but you can change your thoughts about an event, which can change how you feel. Your Eating Disorder (ED) thoughts and behaviors can distract you from challenging emotions, but your Intuitive Therapist (IT) can guide you to explore your thoughts and feelings, which can help you to shift into a more helpful emotional state:

STEP 1 – What are you FEELING right now? (name one specific emotion) _____

STEP 2 – What is the EVENT that has triggered this feeling? (describe place, people, what happened):

STEP 3 – What are the THOUGHTS you had as a result of the event? (observations, your Self-Talk):

STEP 4 – What EVIDENCE supports your thoughts and conclusions about the event?

STEP 5 – What OTHER EVIDENCE counters your thoughts and conclusions about the event?

STEP 6 – Based on the other evidence, what OTHER THOUGHTS do you now have about the situation?

STEP 7 – With this new thought in mind, what are you FEELING right now? _____

STEP 8 – Write your THOUGHTS and FEELINGS about the experience of completing this worksheet: