

4 Choices Worksheet

Understand What You Can And Can't Control

Stimulus: Acknowledge the *external triggers* and notice your *internal thoughts and your feelings*.

Choice: Learn to take responsibility for your response to the situation, for your thoughts and your feelings (aka your *emotional self-regulation*).

Response: Take a moment to breathe deeply, pause, then **intentionally choose for your response**.

You have 4 response choices: Use these steps below as a guide.

“Stimulus” refers to everything inside and outside of your body.

You have no control over the stimulus:
You simply become aware of it.

Internal Stimulus = inside of you:

List your emotions, use additional paper to finish your internal inventory.

1. List your emotions: _____

2. List your thoughts: _____

3. List physical symptoms: _____

External Stimulus = outside your body: Other people, places and things:

List your external stimulus here, use additional paper to finish your external inventory: _____

You

have

A

*choice

Responsible means:

You are

ABLE to

CHOOSE

Your

Response.

*Brain damage, injury and disease are not choices.

Choices require a brain capable of executive function.

When damage, disease or substance abuse is present, Medical evaluation, diagnosis and treatment is necessary prior to use of CBT tools.

Response

You have no choice about the stimulus, but you can choose what happens next.

..You choose *your response*.

Check all that apply

Fight: Stuck in Blame/Anger/Rage

Feeling stuck in blame, resentment & anger, “I should not have to feel this way!” “They are the problem! It’s their fault!”—demanding that “they” change.

Flight: Avoid/Deny/Escape with bad habits and self-defeating behaviors;

Quick fixes/denial & avoidance
Excessive social media, working, eating, cleaning, spending, clutter, gambling, porn, **unhealthy relationships codependence**—(obsessing about changes other people should make) gossip, affairs, tantrums, domestic violence, smoking/drinking/drug abuse.

Freeze: Wounded/Victim/Martyr

Frozen in fear, guilt, worry, helplessness, inferiority. Waiting to be rescued, helped or saved.

Choose Dignity & Self-Respect:

Aligning thoughts & actions with your values— be the role model.

- **B**reathe (Calm Mind = Wise Mind)
- **R**eframe (Challenge Distorted Thoughts)
- **E**mbrace Emotions Feelings Aren’t Facts
- **A**ccept Yourself with Compassion
- **T**alk to Yourself As You Would a Beloved
- **H**eal by Coping and Problem-Solving,
- **E**very Challenge Brings Opportunities

Use the additional tools and videos on this site to create your own action plan to align your thoughts and actions with your values.