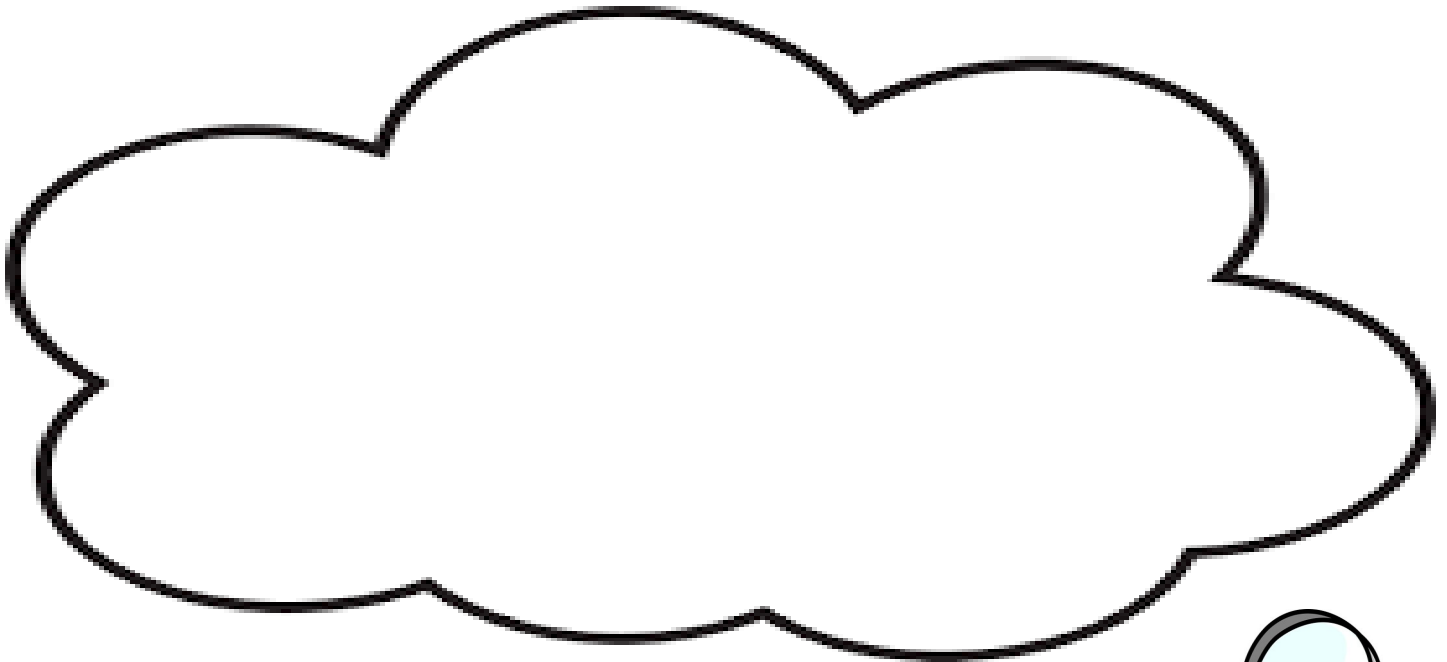


# Managing Troubling Feelings

What are you FEELING?

What SITUATION has lead to your Feeling?

What THOUGHTS are leading to your Feelings?

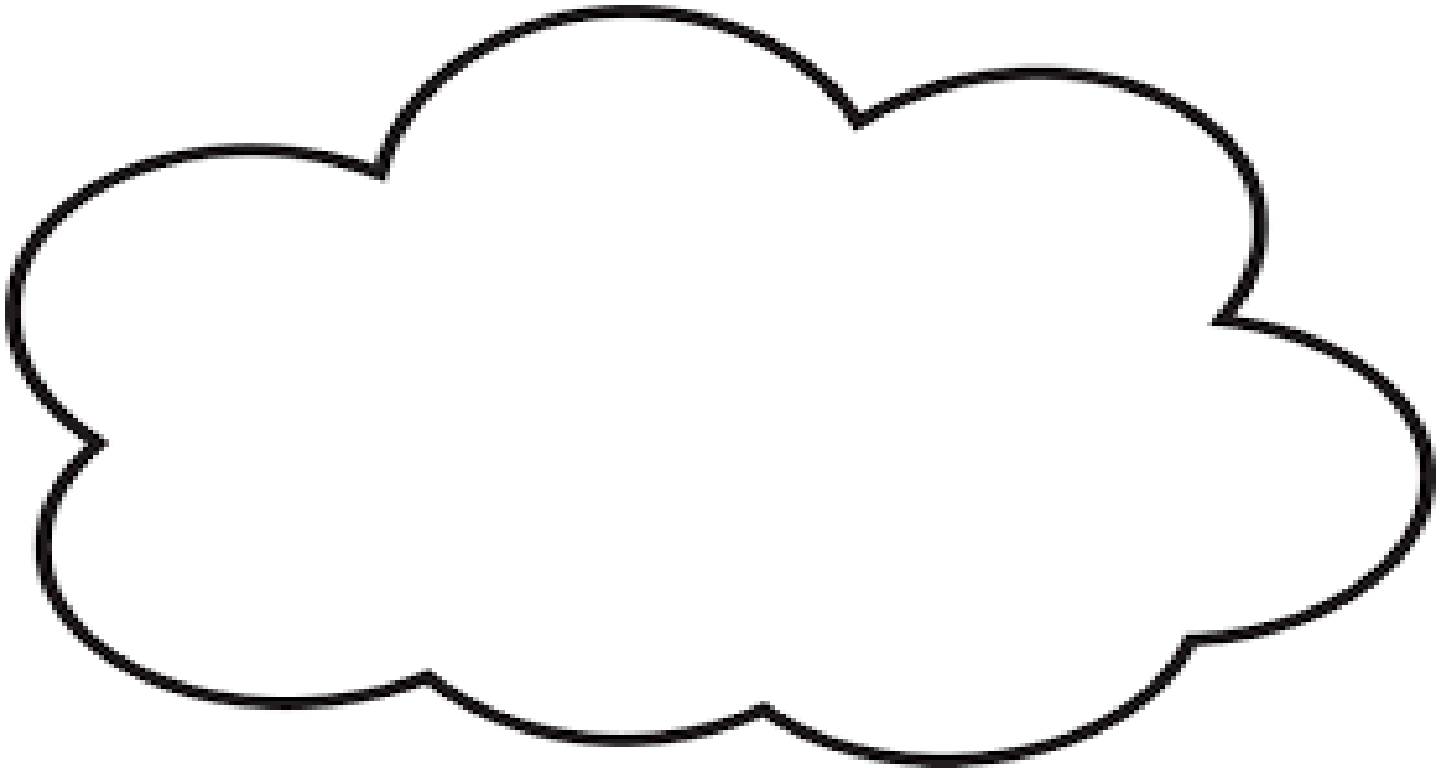


What EVIDENCE do you have? (What are the FACTS?)



Does the evidence support your thoughts?

How else can you THINK about the situation? (What do the facts support?)



How does the evidence support your new thinking?

How does this CHANGE the way you feel?

