

## 4 Choices Worksheet—Therapist Practice on Yourself First

### 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:*

**Therapist** 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:* **Therapist** List your external stimulus here, , use additional paper to finish your external inventory: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Therapist**

**Establish your own habit of**

**applying the choices and using tools yourself**

**Practice focusing on your intention**

\*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.

### Therapist 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.

**Therapist Did YOU Choose Dignity & Self-Respect: Aligning thoughts & actions with your values— be the role model? Learn all you can from your own experience.**

- **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.