

The Appreciation Self-Test

To take the Appreciation Self-Test, simply take a pen and jot down how many times today you felt the negative emotions described on the chart. The goal is to reduce these numbers gradually by keeping track of them.

# of Times I Felt	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesd</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Frustrated							
Annoyed							
Angry							
Irritable							
Bitter							
Regretful							
Anxious							
Worried							
A afraid							
Stressed out							
Overwhelmed							
Sad							
Negative							
Critical							

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