

HOMEWORK

THOUGHT & EMOTION PROCESSING TECHNIQUE

The thought _____

The emotion(s) _____

The part of my thoughts I made up _____

The real part based in truth _____

My emotion for the real part _____

It's ok to feel the emotion _____ based on the
thought that _____

What I'm noticing in my body _____

I'll feel this emotion for _____

Parts in my control or responsibility _____

I'm going to be good to myself right now by _____
