

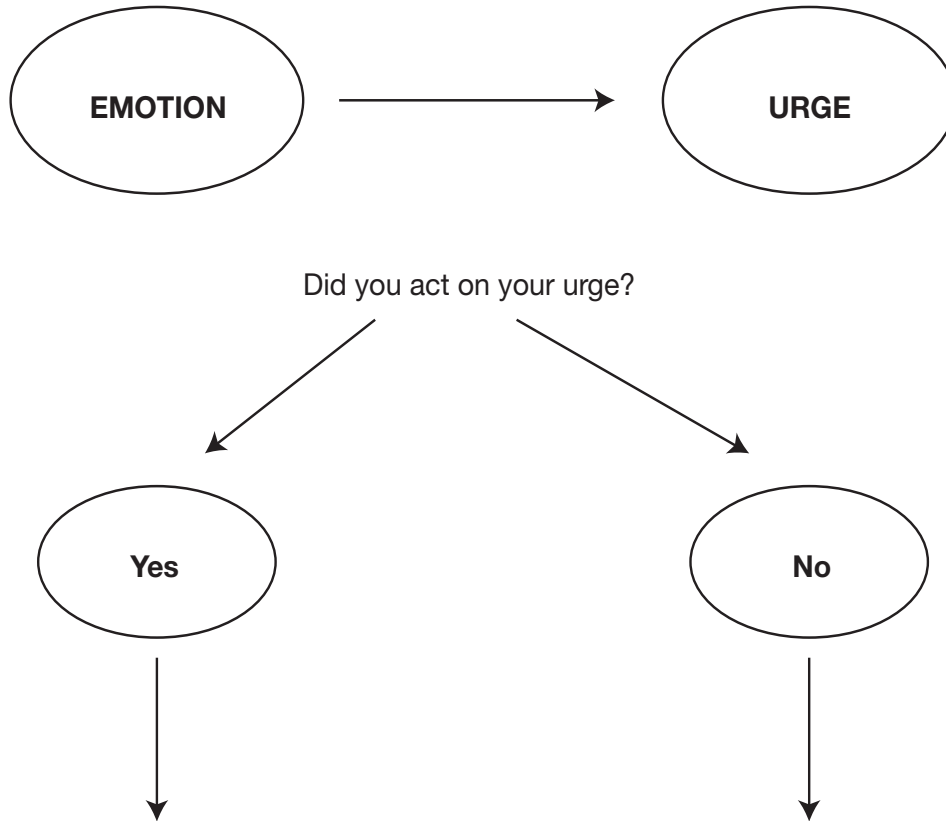
# Sorting Out Your Thoughts, Emotions, and Behaviors

It's a great idea to fill in one of these worksheets whenever you're experiencing intense emotions or feeling confused about a situation; if you can't write about it during the situation, you can come back to complete the worksheet afterward.

Situation	Thought	Emotion	Behavior
Describe in as much detail as possible the situation that triggered your thoughts, emotions, and behaviors. What was going on just before you started to think, feel, or behave this way?	What are your thoughts about the situation? These might include questions, memories, images, or judgments.	What emotions are you experiencing? If you can't figure out how you're feeling, start by remembering these four basic categories: <i>mad</i> , <i>sad</i> , <i>scared</i> , and <i>happy</i> .	What are you doing in the situation? This doesn't include urges or what you feel like doing; just describe what actions you are actually taking.

# Acting Opposite to Urges

Fill in the emotion you were experiencing and the urge that was attached to it. If you acted on the urge, follow the *yes* path, answering the questions to help you assess the outcome. Likewise, if you didn't act on the urge, follow the *no* path.



What did you do?

What was the outcome?

Did your emotions increase or decrease?

Did this help you reach your long-term goals?

Do you have regrets?

What did you do?

What was the outcome?

Did your emotions increase or decrease?

Did this help you reach your long-term goals?

Do you have regrets?

# Crisis Plan

Name: \_\_\_\_\_

My risk factors or triggers are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I am getting into crisis, or feel like I'm losing control, some of the warning signs are:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To help me quickly get reregulated, I can:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To help me distract from the crisis, I can:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To soothe myself, I can:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My support people:**

Person to call \_\_\_\_\_ Phone number \_\_\_\_\_

Situation to call in \_\_\_\_\_

Person to call \_\_\_\_\_ Phone number \_\_\_\_\_

Situation to call in \_\_\_\_\_

Person to call \_\_\_\_\_ Phone number \_\_\_\_\_

Situation to call in \_\_\_\_\_

Person to call \_\_\_\_\_ Phone number \_\_\_\_\_

Situation to call in \_\_\_\_\_

Crisis hotline to call, text, or email when no one else is available (for example, in the middle of the night):

\_\_\_\_\_

Other information that might be useful for people who are helping me in a crisis (for example, information about my family and other people who are important to me; my goals, hobbies, interests; and so on):

\_\_\_\_\_

\_\_\_\_\_

Names and telephone numbers of other people to contact (if applicable):

Psychiatrist: \_\_\_\_\_

Family doctor: \_\_\_\_\_

Guidance counselor, case manager, psychotherapist, or other involved professionals:

\_\_\_\_\_

Parents, caregivers, or other trusted people who could be contacted in case of emergency:

\_\_\_\_\_

# Focusing on the Positive

Your mood obviously has a big impact on the way you see things. When you feel happier, you can see the more positive things in your life for what they are. When you're feeling more down, you tend to focus on the negative. This activity is about taking off those dark glasses and focusing more on the positive things in your life, in spite of how you're feeling.

For the next two weeks, fill out the chart on the following page, noting at least one positive event that happens every single day and your thoughts and emotions about that event. It could be a feeling you experience, something you noticed yourself feeling grateful for, something kind that someone does or says to you—or that you do or say to someone else! It could be a beautiful sunrise, a good mark you get at school, or a peaceful, relaxing time you have as you sit in your backyard with your dog in the sunshine. It doesn't matter what it is; what does matter is that you notice that it's happening.

After you've completed your fourteen days of charting, you might find it helpful to make a point of continuing to notice these positive things as they happen.

Date	Positive Event	Thoughts and Emotions About the Event

