

Positive perspective = better results

Raising Awareness

Complete the tables below. The days can be spread over a period of 7 - 10 days

Day 1 - E - F - T*	Trigger (event)	Neg	Pos

* **E - emotion F - feeling T - thought**

Day 2 - E - F - T	Trigger (event)	Neg	Pos

Day 3 - E - F - T	Trigger (event)	Neg	Pos

Day 4 - E - F - T	Trigger (event)	Neg	Pos

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Emotions/feelings/thoughts prompt list

Here's a list to help you get specific about how you're actually feeling....

Amused	Bored	Carefree	Decisive
Annoyed	Betrayed	Calm	Dejected
Amazed	Cosy	Content	Desperate
Angry	Cranky	Creative	Dread
Bad	Cross	Down	Elated
Embarrassed	Engaged	Energised	Enthusiastic
Excited	Exuberant	Extrovert	Free
Emotional	Envious	Frustrated	Flagging
Fine	Funny	Fed up	Great
Gobsmacked	Good	Happy	Hopeful
Hurt	Homesick	Helpless	Important
Intense	Interested	Impulsive	Inspired
Joyful	Judgemental	Jiggered	Kind
Loving	Lethargic	Loved	Lazy
Manic	Mad	Miserable	Moody
Misunderstood	Mindful	Meditative	Martyred
Needed	Needy	Nasty	Natural
Normal	Nurturing	Open	Obliged
Overworked	Overtired	Overwhelmed	Offended
Indignant	Passionate	Playful	Pleased
Pathetic	Pissed-off	Powerful	Proud
Possessive	Poignant	Political	Present
Perplexed	Resentful	Right	Restless
Ruthless	Sleepy	Silly	Sad
Sick	Stupid	Surprised	Tempted
Terrible	Timid	Trusting	Understood
Unstoppable	Vibrant	Vivacious	Vital
Vindicated	Well	Wonderful	Wound up
Wacky	Wanted	Wanting	Youthful