

More Thinking Matters Too


Understanding My Life Patterns

Worksheet 1

Thinking that gets me into trouble often influences many areas of my life. I use this thinking when I am not getting the things I want. There are many emotions that can be used as a signal or “red flag” that help me be alert for trouble. Some of these emotions are: powerless, angry, helpless or afraid. If I look at several situations where these feelings have happened, I can understand how my thinking, feelings, wants and behavior fit together. I use this worksheet to help me look at situations for similar feelings and wants. I write a different situation where I didn’t get what I want on each yellow box. I put my emotions that go to the situation in each blue box. I write what I wanted (to happen or someone else to do) in each orange box.

Example:

| |
|---|
| Situation: I called my sister when I was having a bad day. She didn’t answer the phone. |
| Feelings: depressed, helpless, hopeful, sad, angry, excited |
| What I want: My sister to talk to me and give me: conversation, sympathy, consolation, feel important |




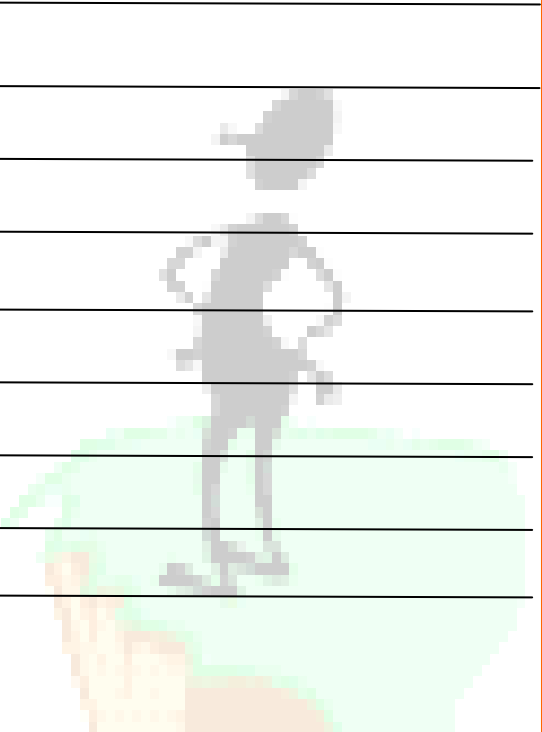
| | |
|--------------|-------|
| Situation 1: | _____ |
| Feelings: | _____ |
| What I want: | _____ |
| Feelings: | _____ |
| Situation 2: | _____ |
| Feelings: | _____ |
| What I want: | _____ |
| Feelings: | _____ |
| Situation 3: | _____ |
| Feelings: | _____ |
| What I want: | _____ |
| Feelings: | _____ |
| Situation 4: | _____ |
| Feelings: | _____ |
| What I want: | _____ |
| Situation 5: | _____ |

When this work sheet is completed, I look to see what things are similar. Do I want people to do the same kinds of things? Do I feel the same or similar when things don’t go “my way”? Does this happen only with certain people? Do I see **any** similarities or “themes” in different situations?

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Worksheet 2

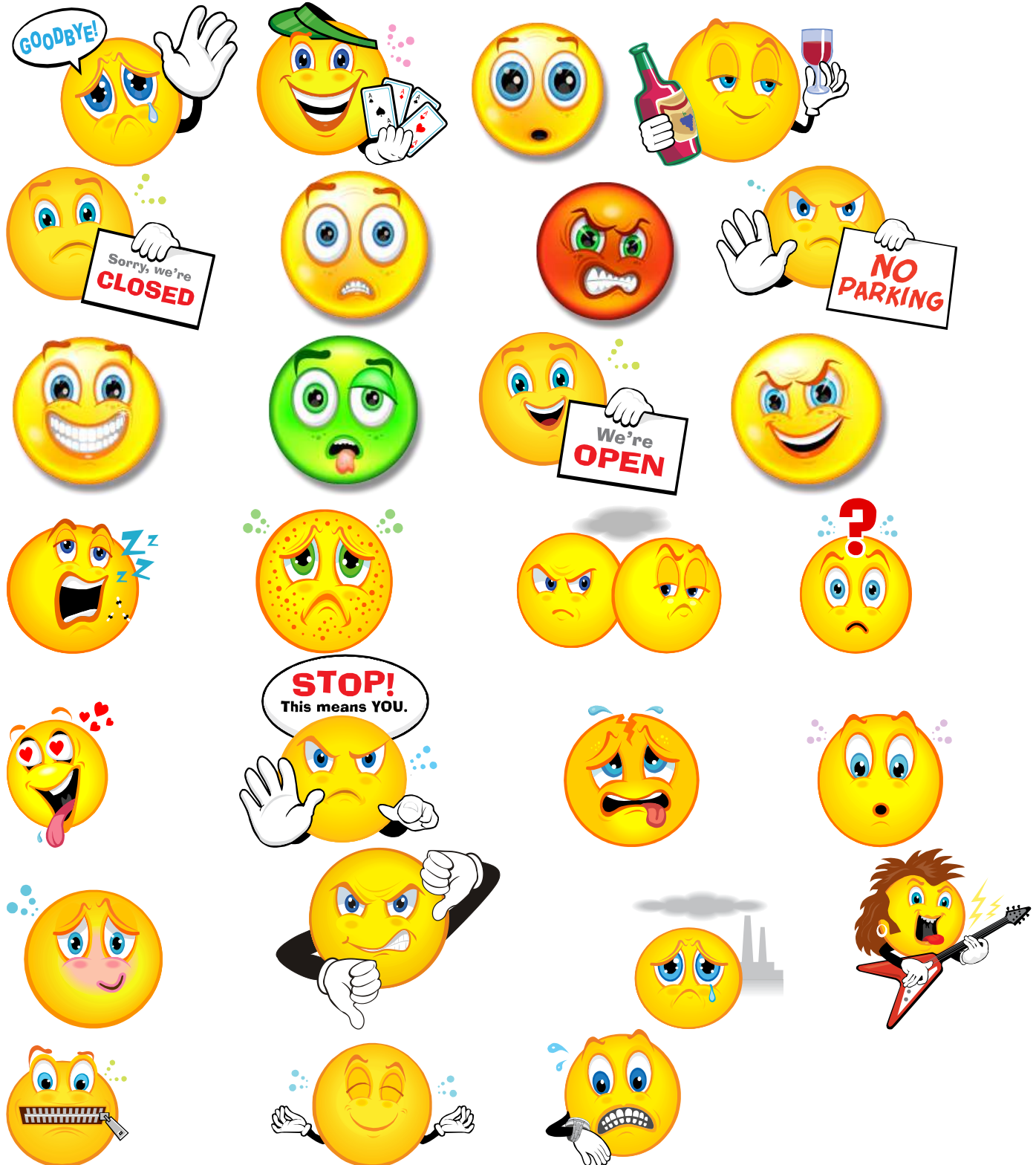
I use work sheet 2 to help me look for patterns in my behavior. I look at work sheet 1 and decide if I think, feel or behave similar in many different situations where I don't get "my way". I look at the situations and decide if "what I want" others to do is similar in several different situations. I write what is similar about the situations under the yellow box. I write what is similar about the things I want under the orange box.

| | |
|--|---|
| What do the situations have in common? | |
|  |  |
| How are the "What I want" areas similar? | |
| | |

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Worksheet 3

Sometimes I have a hard time naming my feelings. I practice naming my feelings by looking at the faces below. Then I try to think of more emotions that I didn't think of at first. I look for feelings that are directed toward certain people, places or things. If any seem familiar, I give it a name and write the feeling beside the face. If it happened in more than one situation, I write all of the numbers of the situation where it happened from work sheet 1. I pay attention to which feelings I seem to have over and over.



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Worksheet 4

In some situations, I don't think people are treating me the "right" way. I focus on **how** I feel and forget to look at what the feelings **are**. I also, forget to look at my thinking. When this happens, I just want to find out who is to "blame" and feel "better". Sometimes I make mistakes because I connect my feelings to other people. This makes it seem like **they caused the feeling and the thoughts**.

I do this when I "expect" things from others. My "expectations" are things that I hope will make me feel "better" (if it happens). I sometimes feel "worse" if it doesn't happen. (If I want my sister to answer the phone and she doesn't, I feel even worse than before. I start thinking that it is others "fault" that I didn't feel "better". I make more mistakes when I do this. (Example: I feel even worse if: She *does* answer the phone but wants to talk about things other than me— Or asks me to pay her the money I owe her.)

I use the information on all of the previous work sheets to find thinking that "blames" others, helps me "excuse" my own behavior and makes me feel more "right" or "important". I write at least one thing in each box for **each** of the situations.

| | |
|--|---|
| Thinking that tells me, I'm "RIGHT": | Example: I do lots of stuff for her. |
| <hr/> <hr/> <hr/> <hr/> | |
| Thinking that tells me, others are to "BLAME": | Example: Nobody cares about what I want. |
| <hr/> <hr/> <hr/> <hr/> | |
| Feelings I want to "throw away": | Example: depressed, sad, helpless, mistrust |
| <hr/> <hr/> <hr/> <hr/> | |
| Feelings I want instead: | Example: Happy, important, comforted, right |
| <hr/> <hr/> <hr/> <hr/> | |

Look for words that help you judge people (including yourself). Try to decide if these words are part of your way of looking at the world. Do you use them to make decisions about other people? Do some of them seem as if **everyone** agrees with what they mean?

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Worksheet 5

My thinking has many words that help me see situations in a certain way. I use these words to make sense of things. They help me know what is “right & wrong” **for me**. Certain words help me judge people and choose behaviors. Sometimes these words create mental images and opinions. They help me make important decisions. Understanding these words is important because different people can understand them differently. When I interact with others, someone might be using the same words in a **different way** than I do. If I **know** this, I can make better decisions. If I **don’t** know this I can make mistakes or decisions that cause trouble for others and myself.

I use this work sheet to understand important words and be sure I make the best decisions I can. I look at the words on the work sheet and decide what the word means to **me**. Then I write what the word **means to me** beside the word. Once I have done this, I choose other important words from my other work sheets and write what the word means to me beside them on Work sheet 5a.

| | |
|-------------------|--|
| Honest | |
| Betray | |
| Loyal | |
| Respect | |
| Cheat | |
| Deceive | |
| Trust | |
| Love | |
| Vulnerable | |
| Pride | |
| Inhibit | |
| Manipulate | |
| Intimate | |
| Abandon | |
| Fake | |
| Rude | |

