



Guided Check-in

How are you feeling?



happy

accomplished
inspired
excited
peaceful
playful
grateful



surprised

curious
amazed
confused
overwhelmed



disgusted

ashamed



loving

trusted
gentle
accepted



afraid

nervous
embarrassed
unsafe



sad

tired
bored
lonely
guilty
hurt



angry

frustrated
attacked
annoyed

What are the thoughts or beliefs that make you feel that way?

Have you fallen into a thinking trap? 🕸️ **Find a ladder to help out!**

Black-and-white Thinking **Nuanced Thinking**

"It's not perfect, so it's no good." *"It isn't perfect, but there's some good."*

Blaming **Forgiveness**

"It's all his fault." *"I'm letting go and looking forward"*

Emotional Reasoning **Cognitive Thinking**

"I feel it so strongly, it must be true!" *"Thinking it through with a mentor might change how I feel."*

Mind-reading **Open Communication**

"I know what they're thinking." *"I can't know their thoughts unless I ask."*

Over-generalizing **Flexible Thinking**

"You always ..." "I never..." *"It happened, but it's not always that way."*

Labeling **Nonjudgmental Awareness**

"That's mean!" *"I'm frustrated, but I'm looking for a solution."*

Fortune-telling

"It won't work."

Friendliness With Uncertainty

Intolerance of Uncertainty

"I hate not knowing what will happen!"

"I don't know the future, but I can handle whatever comes my way."

flip the page ...

Not Accepting Accepting

"I can't get over it! I wish it weren't true." *"I can accept it's true, and focus on what I have now and what I want going forward."*

Personalizing Objectivity

"That was really about me." *"The reasons could involve other things."*

Over-estimating Danger Relative Risk Assessment

"I could get in a wreck going to school!" *"The chances of that happening are very low"*

Negative-filtering Balanced Perspective

"There's nothing good about this." *"It could be worse—and I can learn from it."*

Catastrophizing Realistic Thinking

"It's the worst thing ever! It will never end." *"This too shall pass. People face problems like this often and make it through."*

Using "Should" Context-aware Self-talk

"It shouldn't be that way." *"It's not normally my first choice, but there is more than one factor to think about."*

What new thought can help you move forward?

What change do you notice in how you feel?

What could you go do now to help you move forward and make the most of your day?