

COGNITIVE REFRAMING EXERCISE

DATE

SITUATION	TIME	POSITIVE STATEMENT

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Encouraging, supportive, compassionate, or empowering things that I can tell myself or ask myself:

LIST OF EMOTIONS

Acceptance	Disappointment	Interest
Admiration	Disgust	Inspiration
Adoration	Doubt	Insecurity
Affection	Eagerness	Joy
Aggravation	Ecstasy	Jealousy
Aggression	Empathy	Kindness
Agony	Enthusiasm	Loneliness
Amazement	Envy	Love
Ambivalence	Embarrassment	Misunderstood
Amusement	Empowerment	Offended
Anger	Exasperation	Optimistic
Annoyance	Excitement	Panic
Anticipation	Exhilaration	Paranoia
Anxiety	Euphoria	Passion
Apathy	Fear	Peace
Apprehension	Fascination	Pity
Attraction	Forgiveness	Pleasure
Bewilderment	Friendly	Pride
Boredom	Frustration	Rage
Calmness	Gladness	Rejection
Captivation	Gratitude	Regret
Caring	Grief	Relaxation
Cheerfulness	Guilt	Relief
Compassion	Happiness	Remorse
Concern	Hatred	Resentment
Confusion	Helpful	Respect
Confidence	Helpless	Revenge
Contempt	Hope	Satisfaction
Contentment	Hopelessness	Sadness
Courage	Horror	Sentimentality
Curiosity	Hostility	Shyness
Defeat	Homesickness	Shame
Delight	Humbleness	Surprise
Depression	Hysteria	Suspicion
Determination	Impatience	Sympathy
Disbelief	Indifference	Tension

Emotions and Interpretations Homework

Select a current or recent emotional reaction. Using that reaction, fill out the following:

Prompting event for my emotion: (who, what, when, where)

Interpretations (beliefs, assumptions, appraisal) of the situation?

Emotions triggered (by interpretation): **Intensity (0-100)** _____

Behavior: What **I said or did** in the situation:

Possible Other Interpretations:

What other interpretations could I have about the prompting event?
What emotions would those interpretations most likely trigger?

1 Interpretation =

Emotion =

2 Interpretation =

Emotion =

3 Interpretation =

Emotion =