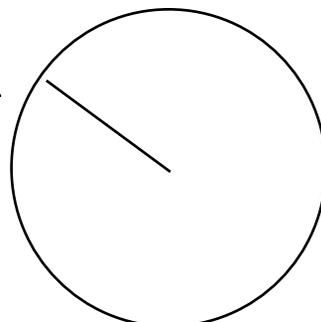


Expensive Emotions Worksheet

Expensive emotion: _____



Fill in the pie chart to indicate how much of your energy was being used on this emotion in the situation you identified.

FACTS — What actually happened that I can observe	WHAT I SAY TO MYSELF about what happened	NEED OR VALUE behind what I tell myself	FEELING GENERATED when I become aware of the need

POSSIBLE STRATEGIES I can choose to address what I need or value

The ONE STRATEGY I am choosing to try out: what I am going to do, when I will do it, and the concrete steps I will take: _____
