

Another Beautiful Life

Taking Responsibility For Your Emotions

1. Name a person or circumstance that you believe is causing the negative emotion.

2. Describe how the thoughts are making you feel.

3. Describe why you think the thoughts have the power to control your emotions in this way.

4. What is the thought you're thinking that's really causing this negative emotion?

5. Can you see that it's the thought and not the person or circumstance causing the emotion? Why or why not?

6. How might you take responsibility for your emotions in the future?
