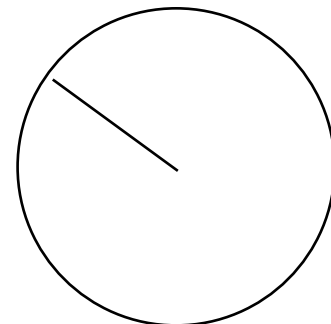


## INDIVIDUAL HANDOUT 6.2

# 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.

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

**POSSIBLE STRATEGIES** I can choose to address what I need or value \_\_\_\_\_

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**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: \_\_\_\_\_

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