

EMOTIONAL EVENT WORKSHEET

Step 1:

When you are experiencing strong negative feelings, write down the situation that has caused this reaction. You can also choose to do this for a situation that occurred in the past.

Example: I am unable to go on the trip I was planning with friends because my arthritis pain is too high.

Step 2:

Identify the emotions you are feeling and how strongly you are feeling them from 0 (not at all) to 10 (a lot).

Example: I am feeling frustrated (10), hopeless (8), angry (3)

Step 4:

What is the evidence for those thoughts?

Example: My arthritis made me cancel this trip. I have had to give up things I enjoy because of pain.

Step 3:

What are the thoughts that are going through my mind? Which are the most upsetting thoughts?

Example: Arthritis is ruining my life. I'm never going to be able to travel again. Everything is hopeless. I'm going to be stuck at home alone forever.

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Step 5:

Think hard. Is there any evidence that might suggest the most upsetting thoughts aren't entirely accurate?

Example: My life isn't totally ruined. I can still do some things I enjoy, like spending time with my friends. My pain isn't always this bad. I might be able to take smaller trips. Even if I can't travel right now, I'm not going to be stuck at home alone forever.

Step 6:

What is a more realistic assessment of what I'm feeling?

Example: It's very disappointing that I can't go on this trip. I am frustrated that I can't go on this trip. I'm sad that arthritis is affecting my life so much. If I want to travel, I'm going to have to plan differently.

Step 7:

Rate the level of the moods you listed in step 2

Example: I am feeling frustrated (8), hopeless (3), angry (1)

Step 8:

What are possible steps that you could take to improve things?

Example: Research trips that would be more possible. Talk to my doctor about controlling my pain better. Talk to my friends about my feelings.