

Emotion-focused therapy worksheets pdf

What situation triggered your emotion

For example, when I was waiting in a line to purchase a book, somebody pushed me from behind.

What were your thoughts



What were your emotions

- Anger?
-
-

My behavior	The effect of my emotion
<i>I shouted at the person and started to argue.</i>	<i>Everybody looked at me and everyone's time was wasted because of me. The person felt ashamed and said sorry</i>

Describe how you would deal with the same situation by using your ideal emotions.

I should have let him speak first before reacting too much, he would have said sorry and everyone's time would have not been wasted because of me.