

Letting Go of Control Therapy Worksheet

Give appropriate answers to each question related to your uncontrollable thoughts and feelings.

Write down an unpleasant emotion or thought that you have difficulty controlling?

How does this thought affect your behavior?

What physical changes do you feel when you have this thought?

What is the cost of having this thought? How does it affect your life?

What would be a more constructive method of responding to this thought?

What coping strategies will you use to employ this method?
