What's bothering me?

Physical	Existential/ The Human Condition	Waiting for this to happen	What happened?	Feelings	Thoughts
				Primary Secondary	

How can I help myself?

Identify feelings. Primary feelings are data. Secondary feelings are caused by thoughts. What thoughts caused these secondary feelings? Add these thoughts to the "Thoughts" column.

Identify thoughts. Facts or beliefs? Use this code: (**F**) Factual, realistic, and/or probable | (**B**) Belief, interpretation, opinion, position | (**CD**) Cognitive distortion, i.e. pattern of thinking, often taught or learned in childhood, that is not grounded in fact or logic that distort one's perception of oneself, others, and the world. | (**H**) helpful.

Rank order. Of all the items on this sheet, which bothers me the most? Which is the second most bothersome? Third? And so on?

How can I help myself? Given my broad and deep awareness of what's bothering me, of what's factual and realistic, and of my values, priorities, strengths, and preferences, how can I help myself with what's most important to me?