

# Thinking, Feeling, and Doing CBT Worksheet

Name:

Age:

**Part 1 Instructions:** Use this activity to reflect on your thoughts, emotions, and behaviors in a specific situation. Answer the following questions honestly.

**Situation:** Describe a recent situation or event that triggered significant thoughts, emotions, or actions.

**Thoughts:** What were the primary thoughts running through your mind during this situation? Were these thoughts primarily positive or negative?

**Emotions:** Identify the emotions you experienced during this situation (e.g., anger, joy, anxiety).

Rate the intensity of each emotion on a scale from 1 (low) to 10 (high). \_\_\_\_\_

**Behaviors:** What actions or behaviors did you engage in as a result of these thoughts and emotions?

Did these behaviors align with your values and goals?

# Thinking Feeling Doing

**Michael Hoelscher**



## Thinking Feeling Doing:

**Psychotherapy for Children with Bipolar and Depressive Disorders** Mary A. Fristad, Jill S. Goldberg Arnold, Jarrod M. Leffler, 2011-05-16 Packed with ready to use clinical tools this book presents the first evidence based psychosocial treatment for school age children with bipolar disorder or depression Leading clinician researcher Mary Fristad and her colleagues show how to integrate psychoeducational strategies with cognitive behavioral and family therapy techniques They provide nuts and bolts information for implementing the approach with individual families or groups Kids learn to identify and manage mood states while parents learn essential skills for problem solving crisis management improving family functioning and collaborating with schools and mental health systems In a large size format with lay flat binding for easy photocopying the book features over 75 reproducible handouts and 20 children s game materials Provided by publisher

The Journey Toward Wholeness Suzanne Stabile, 2021-11-02 In a world of constant change and complexity how can we achieve lasting transformation in our lives Using the wisdom of the Enneagram expert teacher Suzanne Stabile opens the concept of three Centers of Intelligence thinking feeling and doing When we learn to manage these centers in relation to our Enneagram number we open a path to reducing fear improving relationships and finding wholeness The Making of

Americans - Gertrude Stein Gertrude Stein, 2025-03-03 The Making of Americans by Gertrude Stein is an experimental modernist novel that explores themes of identity history and the nature of American culture The novel presents a detailed and repetitive narrative about the lives of the Dehning and Hersland families using an unconventional stream of consciousness style that reflects Stein s interest in linguistic rhythm and psychological depth Through this fragmented and abstract approach Stein examines the ways in which individuals and families evolve over generations capturing the essence of human behavior and societal change Since its publication The Making of Americans has been recognized as a groundbreaking work in modernist literature challenging traditional narrative structures and redefining the novel s form Its emphasis on repetition variation and observation creates a unique reading experience that mirrors the process of memory and perception Though complex and demanding the novel has been influential in literary circles inspiring later experimental writers The novel s enduring significance lies in its ambitious attempt to chronicle the American experience through language and structure rather than conventional plot The Making of Americans remains a landmark of literary innovation offering readers a profound meditation on identity transformation and the fluidity of personal and collective history **All**

**the Things** Katie Haseltine, 2021-06-01 A winsome invitation to grow your soul through a deeper exploration of Ignatian spirituality and contemplative living Hunter Mobley author of Forty Days on Being a Two In All the Things A 30 Day Guide to Experiencing God s Presence in the Prayer of Examen Katie reveals what happened when she opened herself up to an ancient prayer practice popularized by a sixteenth century warrior turned priest named St Ignatius She found in the Ignatian Examen that she already possessed everything she needed to know and love God It was all right there in the everyday stuff of her

ordinary and messy life All the Things includes thirty readings that show you the numerous ways the prayer of Examen can impact and transform your life one day at a time If you long for a deeper awareness of God s presence a sense of companionship with Jesus and a felt experience of the love of God without wearing yourself out trying to find it join Katie to learn more about this life changing and life giving prayer *Leadership by the Number* Jon E. Singletary,2023-04-11

Harness the power of ancient Enneagram philosophy to maximize your educational leadership impact In *Leadership by the Number* Using the Enneagram to Strengthen Educational Leadership distinguished academic and leadership coach Dr Jon Singletary walks you through how to use the ancient wisdom of the Enneagram of Personality with modern contemplative practices to transform how you lead your department school college or university You ll learn to effectively balance the conflicting demands of your role with greater patience skill and peace of mind by changing how you think act and feel every day In the book the author provides Explanations of the benefits of self aware leadership including the identification of competing forces and understanding stakeholders strengths and weaknesses Insights into the critical role of self awareness in educational leadership Concrete strategies for strengthening university college unit and departmental leadership A can t miss resource for higher education administrators and other school leaders *Leadership by the Number* also belongs in the hands of students of education and leaders in training who wish to maximize the impact they can have on the institutions they ll one day lead

**The New Thought Companion** ,1914 **The Psychological Review** ,1896 *The Secret of Happiness* Edmond Holmes,1919 **The Pennsylvania School Journal** Thomas Henry Burrowes,James Pyle Wickersham,Elnathan Elisha Higbee,David Jewett Waller,Nathan C. Schaeffer,John Piersol McCaskey,Thomas Edward Finegan,James Herbert Kelley,1904 *Containing book III., chapter VI. and last, The foundations of ethic. And book IV, The real universe* Shadworth Hollway Hodgson,1898 **The Illinois Medical Journal** ,1899 **The American Journal of Psychology** Granville Stanley Hall,Edward Bradford Titchener,Karl M. Dallenbach,Madison Bentley,Edwin Garrigues Boring,Margaret Floy Washburn,1912 **A Woman of Thirty** Marjorie Allen Seiffert,Elijah Hay,1919 **My Life in Christ** Saint John (of Kronstadt),1897 **Parliamentary Papers** Great Britain. Parliament. House of Commons,1902 Minutes of Evidence Taken Before the Royal Commission on Mines Great Britain. Commissions. Mines,1908 *Report from the Select Committee on Home Work* Great Britain. Parliament. House of Commons. Select Committee on Home Work,1907 The Starry Cross ,1927 **Catalog and Yearbook** University of Northern Colorado,1925 **Addresses** Dwight Lyman Moody,1880

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