

Think of a time when you were really upset with someone. Remember the exact moment when you were most upset with them. Close your eyes and picture yourself back in that moment and fill in the blanks below. Write what you really think.

**1. Who makes you angry, sad, scared, or disappointed? Why do you feel that way?**

I am \_\_\_\_\_ at \_\_\_\_\_ because \_\_\_\_\_  
feeling name

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**2. In that moment, how do you want them to change? What do you want them to do?**

I want \_\_\_\_\_ to \_\_\_\_\_  
name

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**3. What do you think they should or shouldn't do?**

\_\_\_\_\_ should \_\_\_\_\_  
name

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\_\_\_\_\_ shouldn't \_\_\_\_\_  
name

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**4. In that moment, what do they need to say or do to make you happy?**

I need \_\_\_\_\_ to \_\_\_\_\_  
name

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**5. Make a list of all the mean names you want to call them.**

\_\_\_\_\_ is \_\_\_\_\_

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**6. What is it that you don't ever want to happen again with this person?**

I don't ever want \_\_\_\_\_

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Now choose the first sentence you wrote, ask the four questions below, and then turn the thought around. Close your eyes and wait quietly for the answers that come.

1. **Is it true?** (Yes or no. If no, move to 3.)
2. **Are you really sure that it's true?** (Yes or no.)
3. **How do you feel when you believe that thought?** Does this thought make you happy or sad? Where do you feel these feelings in your body?
4. **Who would you be without the thought?** Close your eyes and see yourself with that person, in that moment, without the thought. What's it like right now without that thought?

**Turn the thought around.**

**What is the opposite of that thought?** Is the opposite just as true? Is it true sometimes, in some way?

**When you look at that moment, how is that opposite true?** Find one way that it's true. What's another example?

**Can you turn the thought around another way?** Try saying "me" or "my" instead of the other person's name. Has that been true sometimes? In what way has it been true?

**Continue by questioning the next statement on your Worksheet. If you have time, question all the statements on your Worksheet.**