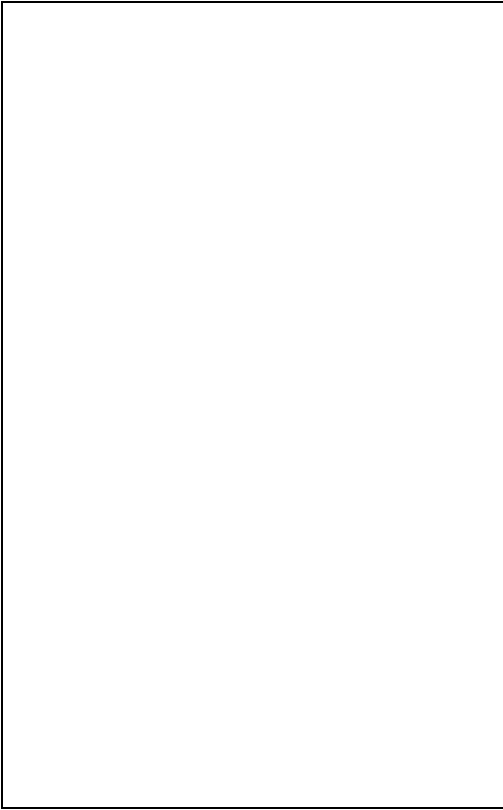
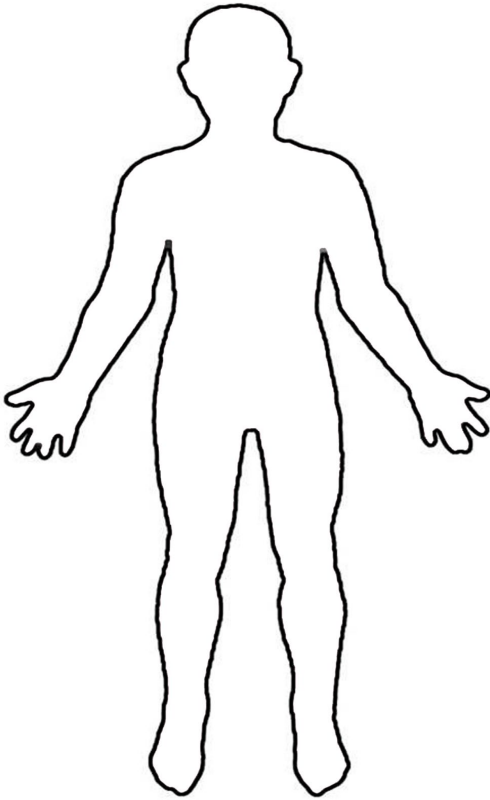
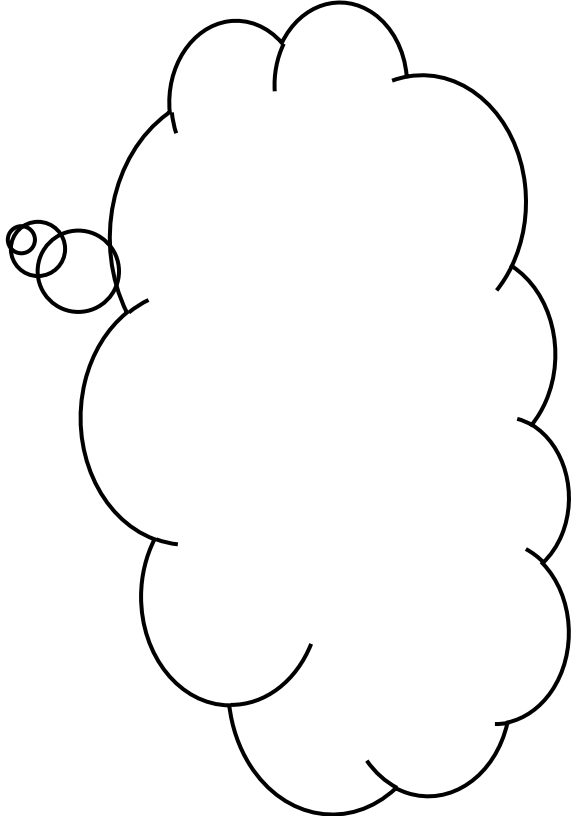


Linking Experiences, Thoughts, Feelings, & Emotions

Instructions, Part A: Think of a recent experience that made you feel uncomfortable. In the space provided, describe the experience as objectively and succinctly as possible. Next, indicate your feelings in your body on the body outline. Write down the thoughts you remember having.

		
Experience/Event	Feelings	Thoughts

Instructions, Part B: Use the table below to work on matching up the various aspects of the experience with the specific thoughts and feelings you had. As you work, use the HS Emotion Wheels to choose emotions that fit with the linked experience aspects, feelings, and thoughts.

Feeling	Experience Aspect	Thought	Emotion