

Pat

Thoughts:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Feelings:

Attitudes and Beliefs:

Jones

Thoughts:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Feelings:

Attitudes and Beliefs:

3 Steps of Cognitive Self Change

1. Pay Attention to Our Thinking
2. Recognize Risk
3. Use New Thinking



10

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Homework Sheet: Lesson 6



- Think about a situation when you had a conflict with another person.
- What were your thoughts and feelings at the beginning of the situation?
- What were your thoughts and feelings as the situation developed?
- What were your attitudes or beliefs in this situation?
- Using a thinking report, write down all the thoughts and feelings, attitudes and beliefs you can remember having during the situation.

(Continued on Next Page)

Name: _____ Date: _____



Thinking Report

Situation:
Thoughts:
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
Feelings:
Attitudes and Beliefs: