

Lesson 1. Exercise 2. Areas of Life Thoughts

Exercise Instructions: Task 1. Choose just one area of life that is shaded and write out a thought and emotions (feelings) about this area. E.g.:

Example:

Area of life: Relationships/Friendships

Thought: I don't make friends easily

Emotions: sad, upset, angry (others?)

Area of life:

Thought:

Emotions:

You can continue with other areas of life if time allows or as homework.

Area of life:

Thought:

Emotions:

Area of life:

Thought:

Emotions:

You can complete task 2 if time allows or as homework.

Task 2. Now notice your thoughts about areas of your life that you are satisfied with. List these thoughts and emotions e.g.:

Area of life: Education/Studies

Thought: My tutor is really nice

Emotions: happy, jolly, peaceful.

Area of life:

Thought:

Emotions:

Area of life:

Thoughts:

Emotions:

Area of life:

Thoughts:

Emotions:

Student Notes:

1. Keep this exercise as it will be required for Lesson 2.