

Week 1: Unpack your bag

Below I want you to write down as many problems you are facing now. What are the bad circumstances you find yourself in right now? What is getting you down and emotional? Write as many as you feel is right.

Example:

My boyfriend broke up with me.

I am feeling or thinking: rejected, I am not worthy, it was my fault

1. _____

I am feeling or thinking: _____.

2. _____

I am feeling or thinking: _____

3. _____

I am feeling or thinking: _____

4. _____

I am feeling or thinking: _____

5. _____

I am feeling or thinking: _____

6. _____

I am feeling or thinking: _____

7. _____

I am feeling or thinking: _____

8. _____

I am feeling or thinking: _____

