

## Awareness + Action + Kindness Worksheet

<b>A = Activating Event</b> "Something happens."	<b>B = Beliefs /Automatic Thoughts</b> "I tell myself something."	<b>C = Consequences/Feelings</b> "I feel something."
		Primary feelings (without thought):  Secondary feelings (resulting from thoughts):  Directed at Self   Others   World (Circle)
<b>Facts vs. beliefs</b> What are the facts?  Which thoughts don't fit with the facts? Let me note those with a question mark. Have I interpreted the situation through the filter of my beliefs about myself, others, or the world? Yes   No (Circle) Have I interpreted the situation through the filter of my beliefs about my value or competence? Yes   No (Circle) Have I imposed if-then assumptions or belief-based rules upon myself, others, or the world? Yes   No (Circle) If so, what is the primary assumption or rule?		
<b>Realistic and helpful</b> Which thoughts are creating my secondary feelings?  Are these thoughts realistic? Yes   No (Circle)   Are these thoughts helpful? Yes   No (Circle)		
<b>Acceptance</b> Are there realities to acknowledge and accept rather than to avoid? The top three realities are: 1) _____ 2) _____ 3) _____ Are there feelings that result from acknowledging these realities to give due time? Yes   No (Circle)		
<b>Attention</b> After I accept and feel, when I shift my attention to what's present or possible, I notice:		
<b>Patterns</b> What unhelpful patterns of feeling, thinking, behaving, speaking, acting, and interacting do I identify in my reactions to this situation?		
<b>Strengths, values, and priorities</b> What strengths do I bring to this situation?  What are the values I hold that apply to this situation?  What are my priorities in this situation?  What are the priorities for the greater good? What might I contribute to them?		
<b>Identity</b> Who am I? What defines me as a self separate from others' or society's expectations, definitions, or labels?		
<b>Direction and action</b> What is my inner wisdom's guidance about next steps? What shall I do or say—or not do or not say?		
<b>Self-kindness</b> In similar situations in the future, what might I tell myself as part of my supportive inner dialogue that I would experience as non-judgmental, realistic, helpful, and self-compassionate?		