



ENLIGHTEN EXERCISE #29

Replacing Negative Thought Patterns

<p>Situation: Name an event that took place that led you to have an undesirable emotion.</p>	
<p>Emotions: What was the emotion you were feeling?</p>	
<p>Thoughts: What were the thoughts that preceded the emotion? Rate your emotional intensity on a scale of 0-100 (0 being the least, and 100 being the most).</p>	
<p>Rational or Positive Response: What is a rational or positive response to those thoughts that preceded the emotion? What are some positive or rational thoughts that you could replace them with?</p>	
<p>Outcome: On a scale of 0-100, how much has your emotion decreased after replacing these thoughts?</p>	