

## FEELINGS / DYSFUNCTION GRID

Use this grid to write examples of MAD-SAD-GLAD-SCARED feelings that also reflect a dysfunction of DENIAL or ISOLATION or RIGIDITY or SECRETIVE..

After writing some examples of feelings that fit into the 4 areas of dysfunctional dynamics, think about problem behaviors and thinking errors .

	MAD	SAD	GLAD	SCARED
DENIAL				
ISOLATION				
RIGIDITY				
SECRETIVE				



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.