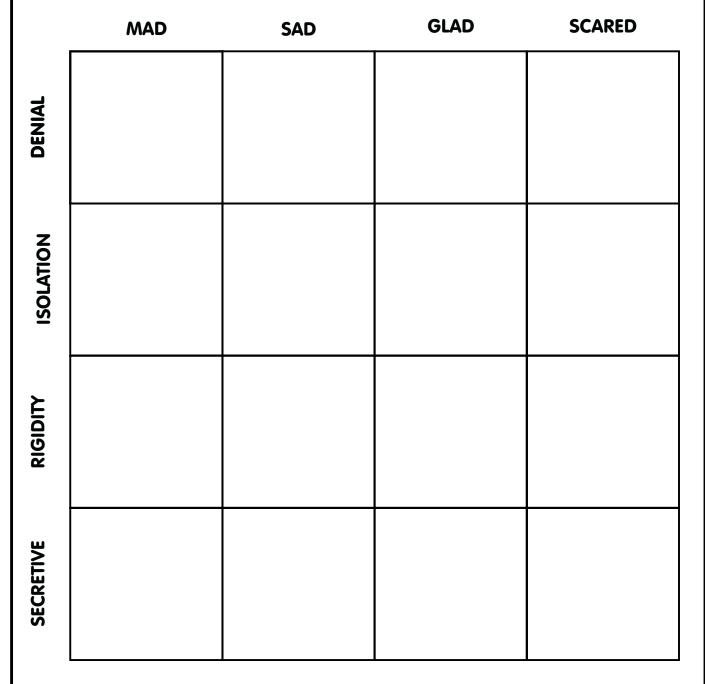
FEELINGS / DYSFUNCTION GRID

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.





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.

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