



The Course to Change

Negative Emotions Checklist

How are you feeling?

What are the emotions behind this feeling? (on a scale of 1 to 10 with 1 being the lowest & 10 the highest, where are you at?)

How & why did this start?

What is it trying to tell me?

Am I in control of this?

How do I want to feel? (on a scale of 1 to 10 with 1 being the lowest & 10 the highest, where do you want to be at?)

What so I need to do to feel that way?

What can I do to prevent it from happening again?