

*Exercise: Identifying Your Emotions*

Chapter 6

<b>Date</b>	<b>Situation</b>	<b>Sensations</b>	<b>Behaviors</b>	<b>Thoughts</b>	<b>Emotions</b>
3/5	John called and said he won't be home for dinner – 3 <sup>rd</sup> time this week	Tightness in my chest, headache soon after we talked	Hung up quickly; cried	It's not ok for him to keep doing this. What am I doing wrong to make him not want to come home? Is he having an affair?	Frustrated, angry, anxious, afraid he'll leave me, hurt, betrayed