

Understand Yourself Through STEAM

Sensations	
When I struggle with rejection or the fear of it, I often sense in my body...	
List “positive” sensations +	List “negative” sensations -
Write about how these sensations affect your life. Be sure to reflect on and explore any positive outcomes that might reinforce your struggles with rejection.	

Emotions	
When I struggle with rejection or the fear of it, I often feel...	
List “positive” emotions +	List “negative” emotions -
Write about how these emotions affect your life. Be sure to reflect on and explore any positive outcomes that might reinforce your struggles with rejection.	

Actions	
When I struggle with rejection or the fear of it, I often act or behave by...	
List “positive” actions +	List “negative” actions -
Write about how these actions affect your life. Be sure to reflect on and explore any positive outcomes that might reinforce your struggles with rejection.	

Understand Yourself Through STEAM: Janine's Example

Sensations	
When I struggle with rejection or the fear of it, I often sense in my body...	
List "positive" sensations +	List "negative" sensations -
<p><i>Energized (to prove myself)</i></p> <p><i>Alert</i></p>	<p><i>Headache</i></p> <p><i>Tension in my chest</i></p>
<p><i>My thinking about rejection often makes me feel tense and physically not well. That makes it hard to concentrate at work or enjoy myself with friends. Though it can make me feel alert, that's a heightened sense of looking to protect myself—I think this is my way of trying to protect myself from getting hurt.</i></p>	