Activity 3: Journaling your thoughts and feelings

Thinking about the stressors you described in the last module, use this worksheet to gain a better understanding on how your thoughts can impact the way you feel.

List your thoughts What were you thinking? What did you say to yourself?	List the words to describe how you feel How did you feel?
"Now my mother will have to wait for me until I get home." "I am such a bad daughter." "I am letting her down."	Frustrated, upset, angry
	What were you thinking? What did you say to yourself? "Now my mother will have to wait for me until I get home." "I am such a bad daughter."