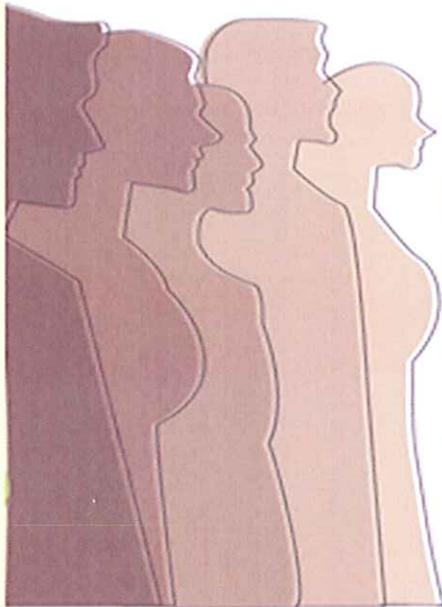


Knowing Your Feelings - Definition

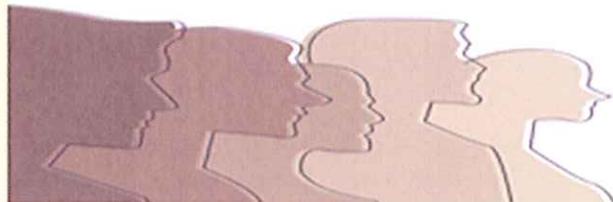


Steps we use to tune into what is going on inside of us that make us think or act in a certain way.

4

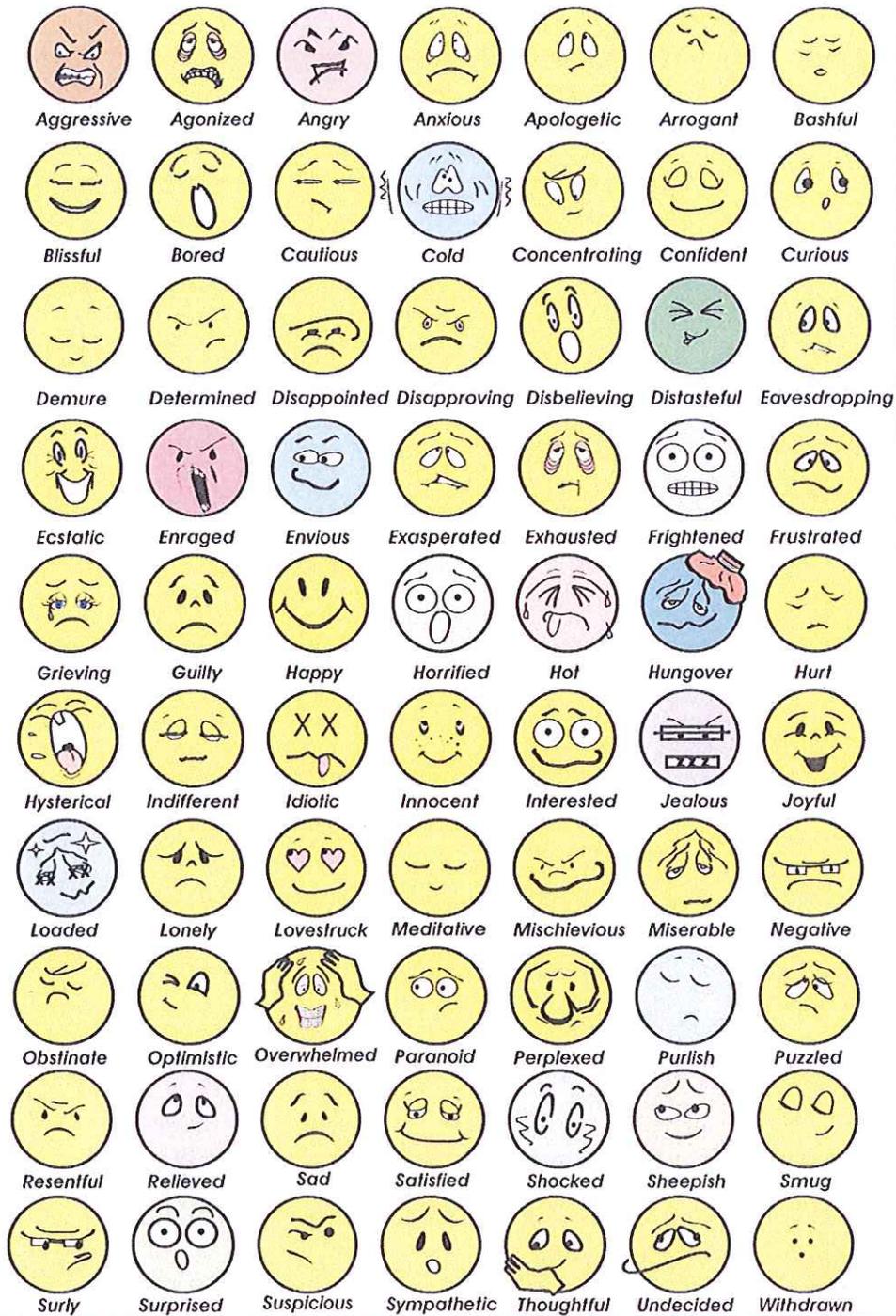
Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling.
2. Decide what happened to make you feel that way.
3. Decide what you could call the feeling.



5

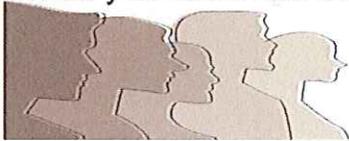
How Do You Feel Today ?



Prepared by The National Institute of Corrections

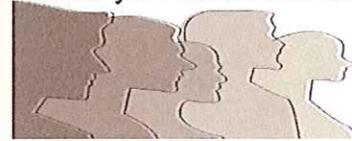
Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
2. Decide what happened to make you feel that way
3. Decide what you could call the feeling



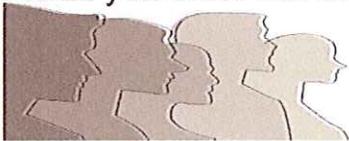
Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
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Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
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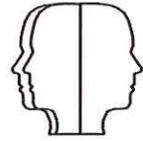


Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
2. Decide what happened to make you feel that way
3. Decide what you could call the feeling



Name: _____ Date: _____



Homework Sheet: Lesson 5

Fill in first three sections before leaving the session.

Skill to practice:

Anticipated Situation:

With Whom? _____

When? _____

Where? _____

Steps to follow (Write down each step of the social skill):

1.	4.
2.	5.
3.	6.

Fill in after doing your homework.

Describe Your Actions (What you specifically did to follow each step of the skill):

1.	4.
2.	5.
3.	6.

(Continued on Next Page)

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? *(Circle one)*

Excellent

Good

Fair

Poor

3. *What is another situation in which you could use this skill?*



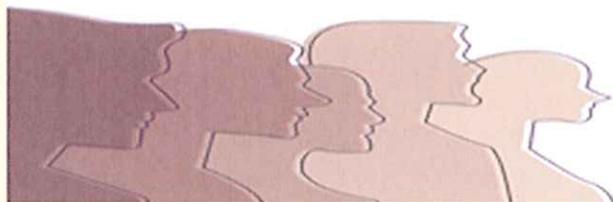
Thinking for a Change

Lesson 6 –

Cognitive Self-Change: Thinking Controls Behavior

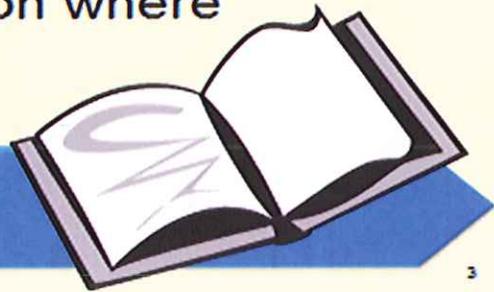
Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
2. Decide what happened to make you feel that way
3. Decide what you could call the feeling



Home Work Review

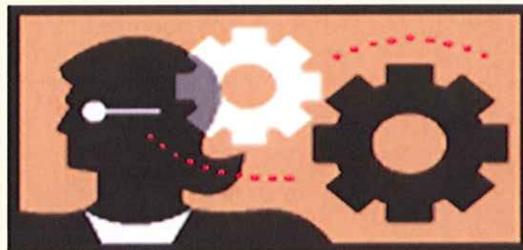
- When did you practice the skill?
Where? With whom?
- What did you do to follow each step of the skill? Be specific
- Tell us another situation where you will use the skill



3

Thinking Controls Behavior

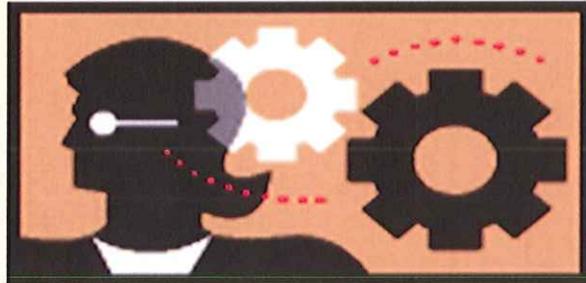
- Thoughts / feelings control the way we act
- We can control how we act by controlling our ways of thinking
- We can look at the thoughts and feelings we have in a conflict



4

Step 1 – Pay Attention to Our Thinking

- Treat thoughts and feelings as pure information without judgment or interpretation



5

Attitudes and Beliefs

- General ways of thinking about a lot of different situations
- Rules, principles, values, or general opinions about a kind of person or a kind of situation
- Can express the values and the principles you live by
- Attitudes and beliefs define the things that matter most to us

6

Kinds of Attitudes and Beliefs

Express values and the principles we live by – defining what matters most to us

Examples -

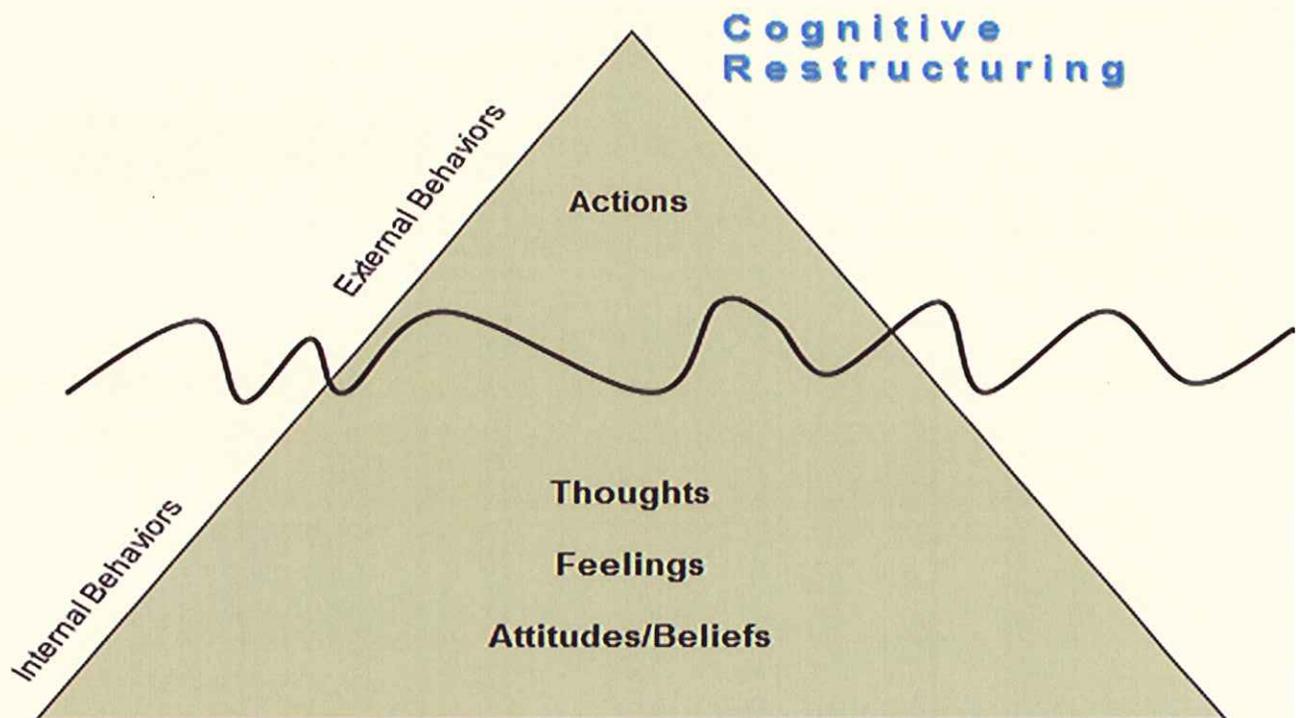
- My family is the most important thing in my life
- You have to stand up for yourself

Opinions or general ways of thinking about the people and the situations around us

Examples -

- My teachers are unfair
- My parents are almost always right

7

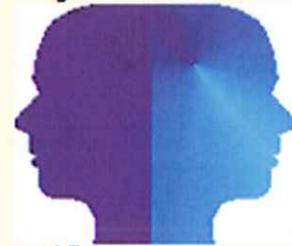


The Cognitive Principle - *Thinking controls behavior*

*Learning to control thoughts and feelings
can control actions*

*There is always more than 1 way
of thinking about a situation*

*Control of thinking results
in real power over life*

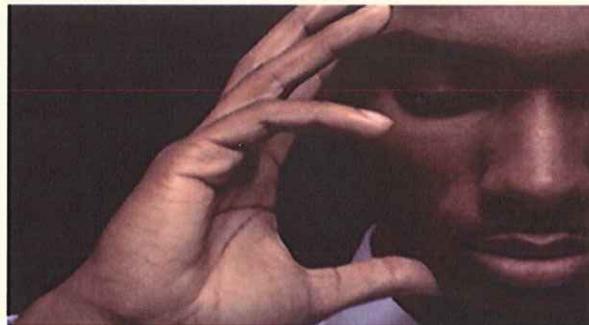


**When we think differently,
we act differently**

9

3 Steps of Cognitive Self Change

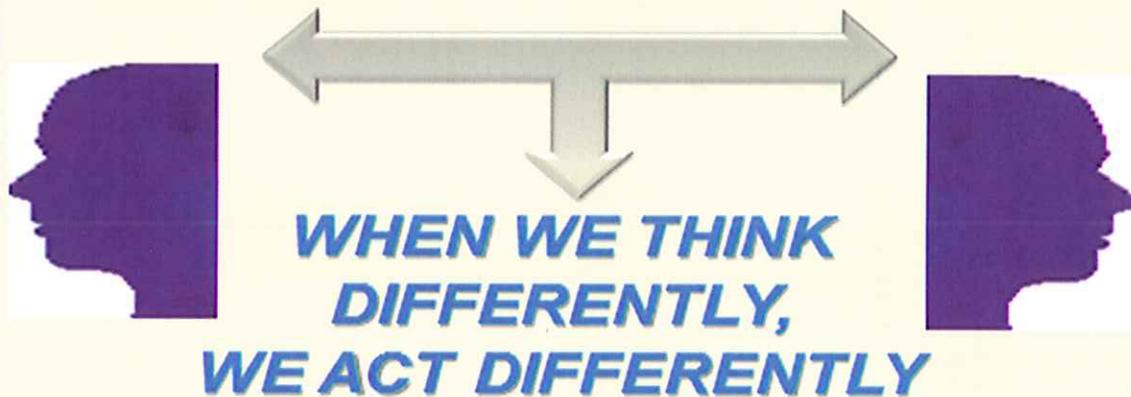
- 1. Pay Attention to Our Thinking**
- 2. Recognize Risk**
- 3. Use New Thinking**



10

Principles Behind Thinking For a Change

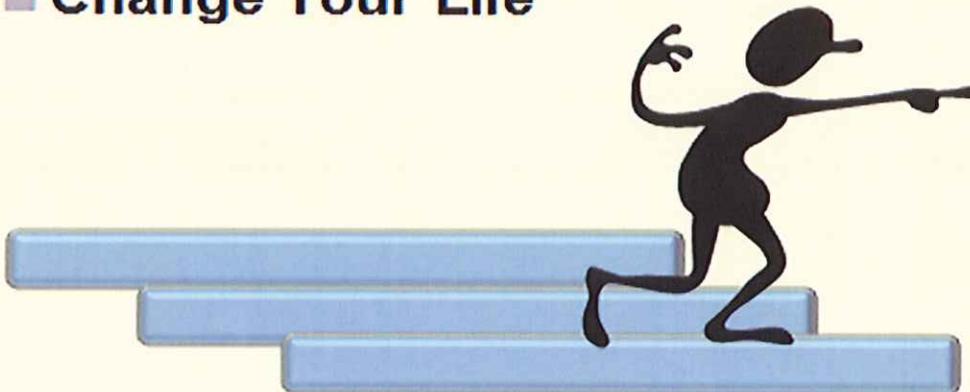
- There is always more than one way of thinking about any situation



11

Goal of Thinking For A Change

- Pay Attention To Thinking
- Take Control
- Change Your Life



12

Homework

- Think about a situation when you had a conflict with another person
- What were your thoughts and feelings at the beginning of the situation?
- What were your thoughts and feelings as the situation developed?



13

Homework

- What attitudes and beliefs were a part of your thinking in these situations?
- Write down all the thoughts, feelings, attitudes and beliefs you can remember having during the situation



14

3 Steps of Cognitive Self Change

1. Pay Attention to Our Thinking
2. Recognize Risk
3. Use New Thinking



10

3 Steps of Cognitive Self Change

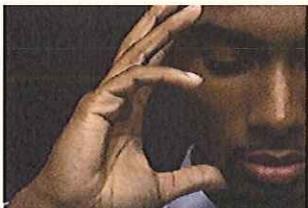
1. Pay Attention to Our Thinking
2. Recognize Risk
3. Use New Thinking



10

3 Steps of Cognitive Self Change

1. Pay Attention to Our Thinking
2. Recognize Risk
3. Use New Thinking



10

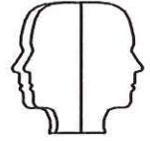
3 Steps of Cognitive Self Change

1. Pay Attention to Our Thinking
2. Recognize Risk
3. Use New Thinking



10

Homework Sheet: Lesson 6



- Think about a situation when you had a conflict with another person.
- What were your thoughts and feelings at the beginning of the situation?
- What were your thoughts and feelings as the situation developed?
- What were your attitudes or beliefs in this situation?
- Using a thinking report, write down all the thoughts and feelings, attitudes and beliefs you can remember having during the situation.

(Continued on Next Page)

Name: _____ Date: _____



Thinking Report

Situation: _____ _____ _____
Thoughts: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
Feelings: _____ _____
Attitudes and Beliefs: _____ _____



Thinking for a Change

Lesson 7 –

Cognitive Self-Change:

Step 1 – Pay Attention to Our
Thinking

Cognitive Self Change

Step 1 - Pay Attention to Our Thinking

Step 2 - Recognize Risk

Step 3 - Use New Thinking

