

“See-Saw” Worksheet

Acknowledgement of Current Feeling

Right now I feel (emotions): -

Because (trigger situation): -

Identification of See-Saw(s)

However, I know that this is probably my (relevant see-saw/s):

Which I learned through (origin):

These see-saws lead me to exaggerate the degree to which (see-saw distortion):

Reality-Testing

Even though I believe (negative thinking):

The reality is that (healthy view):

The evidence supporting the healthy view includes (specific life examples):

Behavioural Instruction

Therefore, even though I feel like (negative behaviour):

Instead I could (alternative healthy behaviours):

See-saws:

- Abandoned Child
- Angry and Impulsive Child
- Punitive Parent
- Detached Protector