

SITUATION

What happened?

EXAMPLE

My boyfriend
broke up with
me yesterday.

THOUGHTS

What are you telling
yourself?

It is all my
fault.

If i change my
personality
maybe he will
take me back.

I should have
dressed up
more.

I am not a good
girlfriend.

I will never find
love again.

If he doesn't
love me, then
who will?

I am ugly.

FEELINGS

How do you feel
right now?

Sad

Worthless

Defeated

Frustrated

Lonely

Petty

Angry

Envious

REMIX

Change your
outlook on this.

Although I am
hurt right now, I
challenged myself
to be vulnerable
for the first time
in this
relationship.

I now know the
qualities that I
like/ dislike in a
partner

I know how to
establish
boundaries and
reinforce.

I can identify red
flags.

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