

Which of the following would you consider your **DEFAULT FEELING**—your general feeling even if not triggered or warranted: **JOY, SADNESS, FEAR, ANGER**? What do you think is the cause for this? What can you do (e.g., with your thoughts or action) that can help you manage it?

Below is a list of **AUTOMATIC THOUGHTS** about yourself and others. Which ones tend to be your automatic thoughts? What do you think is the cause of this? How valid are they? What would be the consequences if you do not believe them?

### AUTOMATIC THOUGHTS

BELIEFS ABOUT SELF	BELIEFS ABOUT OTHERS
I'm undesirable. I'm inferior. I'm not good enough.	If others know me, they will reject. If I put on a front, they may accept me.
I should be perfect. I can't make mistakes. I must be in control.	If I'm not responsible, the world will fall apart. Others are unreliable.
I'm helpless. I can't take care of myself.	I need others to take care of me. If I do it myself, I'll fail.
I'm superior, special, or gifted. (I'm actually inferior). I need to succeed.	If people don't treat me in a special, it means they don't value me.
I'm nothing. I'm not important. I need to be noticed.	If I'm not entertaining or dramatic, others will ignore me and not like me.
I never fit in.	Others have nothing to offer me. Relating with them will only harm me.
There's something wrong. I'm bad. I'll survive if I depend on myself.	Other people will abandon me. They can't be trusted.