

# Understanding an Issue

<b>Situation</b> “What Happened?”	<b>Thought</b> “ <i>What am I Thinking?</i> ”	<b>Emotion</b> “ <i>What do I feel?</i> ” <i>(see list below)</i>	<b>Belief/Message</b> <i>(see list below)</i>	<b>Action</b> “ <i>What did I do?</i> ” <i>(see list below)</i>

**Emotions/Feelings:** Glad, Sad, Hurt, Fear, Angry, Shame, Guilt, Lonely

**Beliefs/Messages:** Unappreciated, Insignificant (I don't matter), Defective, Unloved, Unsafe, Inadequate

**Actions: I/I'm:** Hit, blame myself or others, rage, throw things, get defensive, have to be right, passive, aggressive, sarcastic, insult, yell, shaming, leave, run away, shut-down, isolate, self-pity, argue, fight, medicate by using - (drugs, alcohol, porn, sex, TV, work, cleaning, reading), etc.