

# List Work

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When you  (behavior) , I thought  (cognition) , I feel  (emotion) .

1. When you  (describe the behavior)  (Sensory Input - saw, smelled, heard, tasted or felt on skin)
2. What I thought about that was I  (thoughts) ,

**Always speak from the "I" position:**

*I thought ...*

*I realized ...*

*I experienced it as ...*

*What I interpreted from that was ...*

*What I made up was ...*

*What that has triggered from my past is ...*

3. About that, I am feeling  (emotion) .

1. When you \_\_\_\_\_  
What I thought about that \_\_\_\_\_  
I felt \_\_\_\_\_

2. When you \_\_\_\_\_  
What I thought about that \_\_\_\_\_  
I felt \_\_\_\_\_

3. When you \_\_\_\_\_  
What I thought about that \_\_\_\_\_  
I felt \_\_\_\_\_

4. When you \_\_\_\_\_  
What I thought about that \_\_\_\_\_  
I felt \_\_\_\_\_

5. When you \_\_\_\_\_  
What I thought about that \_\_\_\_\_  
I felt \_\_\_\_\_