

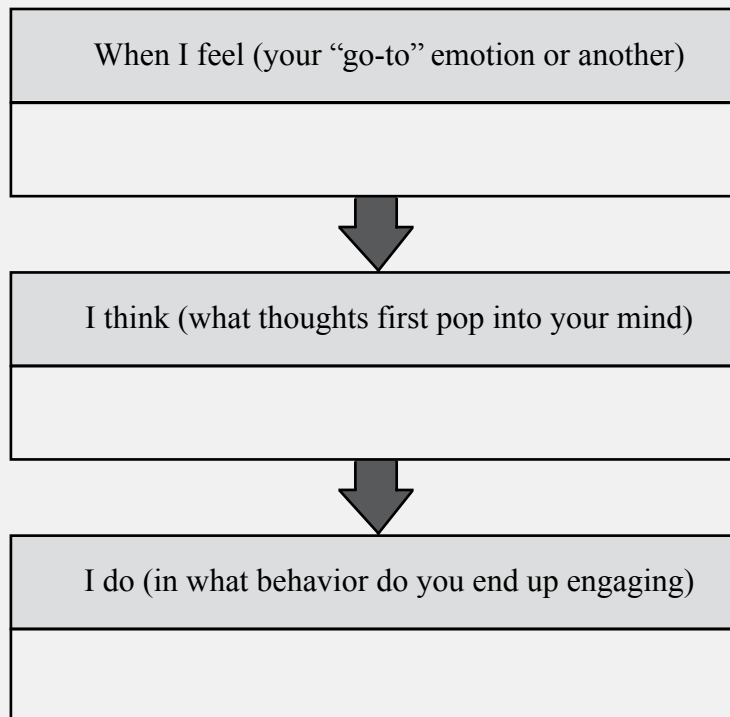
Feeling Connected and Understood

Directions: The following questions are designed to identify what makes you feel heard and understood by someone else. Please be as honest as you can, and if you find some questions difficult to answer, bring this worksheet to your next session to explore with your therapist, or take time to really think about it.

What makes you feel heard by someone else?

What is your “go-to” emotion (that first emotion that you tend to feel in situations that do not go as expected)? Some common ones are anger, sadness, gladness, loneliness, frustration, rejection, and fear.

Fill in the following sequence:



Because of (add past experience) _____

Does the previous sequence (past experience influencing current behavior) make sense to you? If yes, please explain why you feel it is meaningful, reasonable, or understandable. This is not to explain yourself or to justify but to clarify your view. If not, how come?

List 3 weaknesses that prevent you from achieving your life goals:

1. _____
2. _____
3. _____

List 3 strengths you have to achieve your life goals:

1. _____
2. _____
3. _____