





## Monitoring Muddy Emotions

List each of the emotions you notice and rate its intensity on a scale of 0–100.

Consider all of the emotions you are experiencing.

Are any of them a direct response to the current situation?

Yes

No

Explain:

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Does the intensity of the different emotions seem to fit the situation?

Yes

No

Explain:

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Are any of the emotions you're experiencing providing you with a clear message?

Yes

No

If so, what is the clear message being sent by the different emotions? \_\_\_\_\_

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## Clarifying Emotions Reflection

What is the situation you are currently in?

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What emotions are you experiencing? How would you rate their intensity from 0 to 100?

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

For each emotion you notice, consider whether it seems to be a clear response to the current situation. If you think it is, please describe here.

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*(continued)*

**Clarifying Emotions Reflection** (page 2 of 3)

For each emotion you notice, consider whether it is providing you with a clear message. If you think it is, please describe here.

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*Consider the following questions to see if there may be factors present that are making your emotions muddy:*

Are any of your emotions linked to anything in your recent or distant past? If so, describe how here.

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Are any of your emotions linked to anything you might be worried could happen in the future? If so, describe how here.

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(continued)

**Clarifying Emotions Reflection** *(page 3 of 3)*

Do you feel like it is “bad” for any of these emotions to be present? Are you judging yourself for having any of these emotions or responding in a self-critical way? If so, describe here.

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Are you tangled up in any of your emotions? Do you feel defined by any of them? If so, describe here.

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Are you taking care of yourself? Sleeping, eating right, getting exercise, making time for fun? If you have been neglecting yourself in some of these areas, describe how here.

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## Monitoring Control Efforts

Situation	Emotion	Do I have an urge to feel something different? Yes/No	Intensity of the urge 0-100	Am I trying to distract myself? Yes/No	Am I trying to push my feelings away? Yes/No

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## Monitoring Outcomes of Control Strategies

1. What is the situation you are currently in?

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2. What emotions are you experiencing? How would you rate their intensity from 0 to 100?

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

3. Are you taking any actions that you think may change your emotional response?

Yes

No

a. If so, how important is it to you that your emotions change (0 to 100)?

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b. If so, are the actions consistent with what is important to you?

Yes

No

4. Are you intentionally trying to shift or expand your focus of attention?

Yes

No

If so, how important to you is it that your emotions change (0 to 100)? \_\_\_\_\_

5. After these efforts, or after choosing not to take any actions, rerate the intensity of your emotions.

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_







## Brainstorming Values from Goals

Goal: \_\_\_\_\_

Possible Related Values: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goal: \_\_\_\_\_

Possible Related Values: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goal: \_\_\_\_\_

Possible Related Values: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Goal or Value?

Potential value	Could you take an action today that would be consistent with this value?	Can you ever complete or fully achieve this value? Will you ever be done?	Do you have complete control over the execution of this value?	Value?
	<i>For a value, the answer would be "yes"</i>	<i>For a value, the answer would be "no"</i>	<i>For a value, the answer would be "yes"</i>	

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## Working with the Desire to Control Internal Experiences

Original statement: \_\_\_\_\_

\_\_\_\_\_

Response: \_\_\_\_\_

\_\_\_\_\_

Original statement: \_\_\_\_\_

\_\_\_\_\_

Response: \_\_\_\_\_

\_\_\_\_\_

Original statement: \_\_\_\_\_

\_\_\_\_\_

Response: \_\_\_\_\_

\_\_\_\_\_

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## Identifying Values Driving Control Efforts

Original statement: \_\_\_\_\_

Question: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Question: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Question: \_\_\_\_\_

Underlying value: \_\_\_\_\_

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## Values Underlying Desire to Control the Future

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

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## Values Underlying Desire to Control Others

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

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## Values Underlying Desire to Be Superhuman

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

Original statement: \_\_\_\_\_

Underlying value: \_\_\_\_\_

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## Identifying Underlying Values and Possible Actions

Original Statement	Underlying Value	Possible Actions

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## Values Articulation

### 1. Relationships

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

### 2. Home/work/school

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

### 3. Self-care/fun/community

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_

Value: \_\_\_\_\_



## Clarifying Emotions Assessment

Situation: \_\_\_\_\_

What emotions are present? How would you rate their intensity from 0 to 100?

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Emotion: \_\_\_\_\_ Intensity: \_\_\_\_\_

Which aspects of my emotional response are clear?

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What messages are my clear emotions sending me?

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*(continued)*

## Clarifying Emotions Assessment *(page 2 of 2)*

Factors that may be present and making emotions muddy

- Emotions related to past events
- Emotions related to what could happen in the future
- Critical/judgmental thoughts about emotions
- Attempts to avoid, suppress, or change emotions
- Getting tangled up in emotions

If you identified factors that may be muddying your emotions, you may find it helpful to explore them here and to consider how mindfulness and acceptance strategies may help. (This assessment is a short version of the Clarifying Emotions Reflection you completed in Chapter 3. If you feel stuck, you may want to go back and work through that form. You can also read on in Chapter 12 for some tips as to what to do if and when you get stuck on one of the steps.)

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What options do I have for taking action?

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## Values-Consistent Actions Reflection

Are there choices I could make here that would give me a short-term sense of relief? For example (check off those that apply):

- Help me calm down
- Please other people
- Help me avoid conflict
- Make me feel less guilty
- Distract me from pain
- Other: \_\_\_\_\_

If so, are there any costs to those choices? What are they?

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Is my focus turning toward something that is meaningful or turning away from pain? Describe.

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- How attached am I to the possibility I may feel less pain if I make this choice?

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- Are there any costs to that choice? If so, what are they?

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*(continued)*

**Values-Consistent Actions Reflection** (page 2 of 2)

Are there choices that I could make here that are likely to influence other people who are involved? What are they?

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- If so, how tied am I to that outcome? Am I accepting the limits of control?

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- Are there any costs to those choices? What are they?

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Are there choices I could make here that could possibly make it less likely something bad will happen? What are they?

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- If so, how tied am I to that outcome? Am I accepting the limits of control?

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- If so, are there any costs to those choices? What are they?

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Are there choices I could make here that are consistent with what matters most to me? What are they?

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- Is my unwillingness to have certain thoughts or feelings holding me back? In what way?

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*Consider using the Clarifying Emotions Assessment to enhance your willingness.*

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## Values-Consistent Actions Reflection — Additional Questions

Are there external barriers to the actions I want to take? What are they?

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- Can I address these barriers through problem solving? How?

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- What strategies can I use to accept the understandable pain connected to barriers that I cannot immediately address?

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- Can I find new values-consistent actions within these contexts that will add meaning and satisfaction to my life? If so, what would they look like?

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## Brief Values Assessment

Check those that apply.

- Are there choices I could make here that would give me a short-term sense of relief?

For example:

Help me calm down

Please other people

Help me avoid conflict

Make me feel less guilty

Distract me from pain

Other: \_\_\_\_\_

Are there costs to these choices?  Yes  No

- Is my focus turning toward something that is meaningful or turning away from pain?

*Am I attached to the outcome being less pain?*  Yes  No

*Are there costs to these choices?*  Yes  No

- Are there choices I could make here that are likely to influence other people who are involved?

*Am I attached to the outcome?*  Yes  No

*Am I accepting limits of control?*  Yes  No

*Are there costs to these choices?*  Yes  No

- Are there choices I could make here that could possibly make it less likely something bad will happen?

*Am I attached to the outcome?*  Yes  No

*Am I accepting limits of control?*  Yes  No

*Are there costs to these choices?*  Yes  No

- Are there choices I could make here that are consistent with what matters most to me?

*Is my unwillingness to have certain thoughts or feelings holding me back?*  Yes  No

Consider using the Clarifying Emotions Assessment to enhance your willingness.

- Are there external barriers to the actions I want to take?

*Can I address these barriers through problem solving?*  Yes  No

Consider using acceptance and mindfulness practices to accept the understandable pain connected to barriers that can't be addressed immediately.

*Can I find new values-consistent actions, within these contexts, that will add meaning and satisfaction to my life?*  Yes  No