

Awareness of Feelings & Thinking Skill Card 2025

Self-Awareness Module

Feelings and Self-Management Questions: What To Ask About Current Feelings

1. What am I feeling?
2. Why am I feeling this way?
3. What led to these feelings?
4. If the feelings are unpleasant, how do I want to cope with these feelings?
5. What, if anything, do I want to do to improve the situation, event, or relationships?

Feelings and Self-Management Questions: What To Ask About Past Feelings and Behavior

1. What did I feel?
2. Why did I feel this way?
3. What led to these feelings?
4. If the feelings were unpleasant, how did I cope with these feelings?
5. Did my actions make the situation better or worse, or did they have no impact?
6. What, if anything, do I want to do to improve the situation, event, or relationships?
7. How do I want to cope with my unpleasant feelings in the future to make situations and relationships better?

More Advanced Feelings Questions

Questions To Ask When Having Trouble Identifying Feelings, Problems, and Dilemmas

1. Why don't I feel wonderful right now? What is bugging me on this particular day? Make a mental or written list of everything keeping me from feeling wonderful right now. Take some time to make my list. Don't try to answer the questions with my thoughts or thinking brain. Allow answers to come from the place where I feel.
2. Continue to list the problems until I hear something within me say, *"Yes, except for those, I'm fine."*
3. Which problem feels the worst right now?
4. What is the main part of this problem? What is the worst of it? What is the main thing in it that is making me feel bad?

More Advanced Feelings, Thinking, and Self-Management Questions

Thinking and Self-Management Questions: What To Ask Regarding Feelings Caused By My Thinking

1. How do I feel about this past, current, or future event, situation, relationship, or myself, and why do I feel this way?
2. What interpretations and assumptions am I making about this past, current, or future event, situation, relationship, or myself?
3. Describe the evidence I have that my interpretations and assumptions are accurate, realistic, and/or rational.
4. If the assumptions or interpretations are not accurate, realistic, and/or rational, or the situation is not as bad as I first thought, what are accurate, realistic, and logical assumptions, and why is the situation not as bad as I initially thought?
5. If my assumptions and/or interpretations are accurate, realistic, and/or rational, what is the worst of it? What's so bad about this? What's the main thing that is making me feel bad? What is the worst of this situation?
6. What, if anything, do I need to do to change the situation or the relationship, change my interpretations and assumptions, and/or how I feel about myself?

Questions To Consider When Working Through a Problem, Issue, Choice, or Dilemma

1. What is the problem, issue, choice, or dilemma?
2. What am I thinking and feeling about it? Why do I feel and think this way?
3. What are the best three alternatives/choices for solving the problem?
4. What are possible positive and negative consequences for each of the three alternatives/choices for me and others?
5. Which of the alternatives best solves the problem, is consistent with my short—and long-term goals, values, rules, and family values, is ethical and legal, healthy for me and others, consistent with all the facts, and feels like the best choice?
6. What steps, including actions to overcome barriers, must I take to implement the plan and successfully reach my goal?
7. How successful was I in reaching my goal?
8. If I was unsuccessful, what do I need to do to succeed?