

Reducing Unpleasant Feelings in My Life 25

Self-Management Skills Module

My Activities: What activities make me have unpleasant feelings?	My Feelings What unpleasant feelings do these activities cause?	What I Can Do? What can I do to change what I do or how I do them (and thus change my feelings)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?
My Environments: What environments make me have unpleasant feelings?	My Feelings What unpleasant feelings do these environments cause?	What I Can Do? What can I do to change where I choose to be, spend less time there, or manage my feelings more effectively (and thus change my feelings)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?

My Relationships: What types of relationships or specific relationships make me have unpleasant feelings?	My Feelings What unpleasant feelings do these relationships cause?	What I Can Do? What can I do to change these types of relationships or specific relationships, spend less time in them, or manage my feelings more effectively (and thus change my feelings)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?
My Other Situations: What other situations make me have unpleasant feelings?	My Feelings What unpleasant feelings do these other situations cause?	What I Can Do? What can I do to change these other situations (and thus change my feelings)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?