UNLOCK YOU
COACHING

CLIENT WORKSHEET · UNLOCK YOU

Noticing Your Thoughts & Feelings

Our reactions follow a pattern. Something happens. We have a thought about it. That thought creates a feeling, and the feeling drives what we do. Slowing down to see each piece gives you choices you may not have known you had.

1 Bring a Situation to Mind

Take a slow breath and think of a recent situation that stirred up strong emotions. Choose something that feels manageable, around a 4 or 5 out of 10, rather than the hardest thing you have been through.

Briefly describe it:

How strong is the feeling right now? Circle one:

0 ☑ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

2 Map What Happened

Separate the situation into four parts. There are no wrong answers. Just notice.

Circumstances

Just the facts, what a camera would record. No opinions. *Example: My manager canceled our meeting.*

Thoughts

The sentences running through your mind about it. *Example: "She doesn't value my work."*

Feelings

One-word emotions. Where do you feel them in your body? *Example: Hurt, anxious. Tight chest.*

Behaviors

What you did, didn't do, or wanted to do. *Example: Stayed quiet. Worked late to prove myself.*

3 Go Deeper: Five Questions

Pick the strongest feeling from your map. Answer each question with curiosity, not judgment. Each answer becomes the starting point for the next question.

The feeling I am exploring is: _____

1 Why do I feel this way?

2 Why does that matter so much to me?

3 What is underneath that?

4 What am I afraid would happen, or what do I need?

5 What does this tell me about what I value?

4 Pause and Reflect

How strong is the feeling now?

0 ☑ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

What did I notice? Is there another thought about this situation that is also true?

Ready to go deeper?

If this exercise opened something up, I'd love to help you explore it. Coaching gives you a confidential space and a thinking partner to turn what you noticed into a clear next step. Reach out at danah@unlockyoucoaching.com.

The link between situations, thoughts, feelings and behaviors draws on the cognitive model developed by Dr. Aaron T. Beck. The five-question technique is adapted from the "5 Whys," which originated at Toyota.