



Institute for
Relational Intimacy

CREATING PERSONAL CHANGE

Thoughts, actions, and emotions are closely linked. Thoughts create emotions. Emotions lead to meaning-making or thinking about the meaning of the emotions. Actions can spring from thoughts and feelings but also result in thoughts and feelings. Shifting one of these factors will shift the rest. If you want to create change in your life, putting a thought together with an action and then feeling a feeling is the way to go. Or you could feel the feeling you aspire to experience, and then it will be easier to choose an action and think thoughts that go with the positive emotion. Whichever way you go, all three parts are important and intertwined with one another.

This worksheet is designed to increase awareness of which thoughts, emotions, and actions are linked for you and what outcome they support. Getting clear on an outcome you want (a goal) and then stretching to identify the thoughts, actions, and emotions that support that outcome is a very powerful step. I use this format frequently on a whiteboard in my therapy room and learned it from Vann Joines, Ph.D. It also makes a powerful self-help project.



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One change I would like to make in myself, that will make a big difference in my life is:	
Currently, regarding this issue, the feelings I experience are:	When the change is complete, the feelings I will experience are:
Currently, the thoughts I think that bring these feelings are:	Things I would rather think include:
Include thoughts about yourself, others, and your destiny	
Things I do when I think these thoughts and feel these feelings are:	Actions that go with the new thoughts and feelings are:
I will have to give up:	I will gain:
If I really wanted to sabotage the project, I would:	
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