

## BIRDS OF A FEATHER

Chose one of the most difficult thought or emotion from the Moving Towards and Away Worksheet and write a short version on the line below.

(**Example:** “Whenever I think about my kids, I think about what a failure I have been as a father.” Or, maybe “Nothing ever goes right for me.”)

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The trouble is that when we want to take action on some value, hard thoughts often come up. The longer we have been stuck, the harder it gets. Not only that, when one hard thought shows up, it often brings friends!

People say that birds of a feather flock together.

Usually thoughts and emotions like yours have buddies. Notice what happens when you think about taking action.

### If words were birds, there would be a flock overhead!

Some of the thoughts may be something-is-wrong-with-me thoughts. Usually these thoughts sound like:

**I am \_\_\_\_\_.** Put a check next to each one of these that troubles you. Feel free to add more in the blank lines.

<input type="checkbox"/> I am bad	<input type="checkbox"/> Boring	<input type="checkbox"/> Uncaring	<input type="checkbox"/> Unattractive	<input type="checkbox"/> Broken	<input type="checkbox"/> Too much	<input type="checkbox"/> Awkward
<input type="checkbox"/> Mean	<input type="checkbox"/> Inconsistent	<input type="checkbox"/> Cold	<input type="checkbox"/> Jealous	<input type="checkbox"/> Inadequate	<input type="checkbox"/> Not enough	<input type="checkbox"/> Unlovable
<input type="checkbox"/> Repulsive	<input type="checkbox"/> Clueless	<input type="checkbox"/> Weak	<input type="checkbox"/> Defective	<input type="checkbox"/> Lazy	<input type="checkbox"/> Dumb	<input type="checkbox"/> Unimportant
<input type="checkbox"/> Unreliable	<input type="checkbox"/> Unstable	<input type="checkbox"/> Crazy	<input type="checkbox"/> Needy	<input type="checkbox"/> Jealous	<input type="checkbox"/> Ugly	<input type="checkbox"/> Stuck
_____	_____	_____	_____	_____	_____	_____

### These thoughts often hang out with other thoughts. Check any that trouble you.

<input type="checkbox"/> I Should	<input type="checkbox"/> I Always	<input type="checkbox"/> It's impossible	<input type="checkbox"/> It's too late	<input type="checkbox"/> I always fail
<input type="checkbox"/> I Shouldn't	<input type="checkbox"/> I Never	<input type="checkbox"/> It's unfair	<input type="checkbox"/> It's too hard	<input type="checkbox"/> I've tried before
<input type="checkbox"/> I must	<input type="checkbox"/> Everything	<input type="checkbox"/> Everyone but me	<input type="checkbox"/> It's too painful	<input type="checkbox"/> I never follow through
<input type="checkbox"/> Right/Wrong	<input type="checkbox"/> Nothing	<input type="checkbox"/> No one but me	<input type="checkbox"/> It's too much	<input type="checkbox"/> I have to
_____	_____	_____	_____	_____

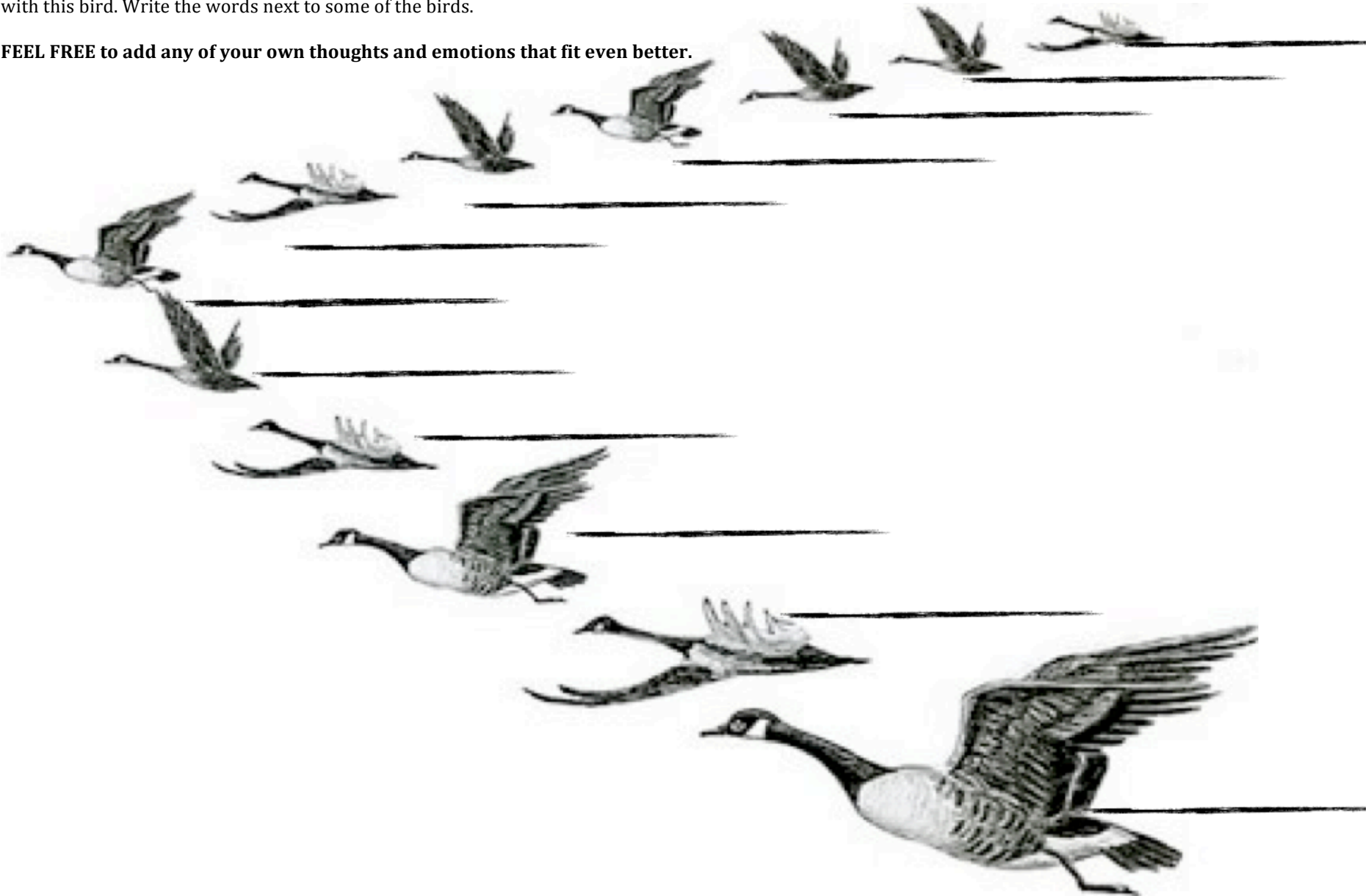
### These words also often come with emotions. Check any that trouble you.

<input type="checkbox"/> Sad	<input type="checkbox"/> Anxious	<input type="checkbox"/> Moody	<input type="checkbox"/> Depressed	<input type="checkbox"/> Terrified
<input type="checkbox"/> Angry	<input type="checkbox"/> Nervous	<input type="checkbox"/> Lonely	<input type="checkbox"/> Panicked	<input type="checkbox"/> Frustrated
<input type="checkbox"/> Anxious	<input type="checkbox"/> Numb	<input type="checkbox"/> Afraid	<input type="checkbox"/> Guilty	<input type="checkbox"/> Irritable
_____	_____	_____	_____	_____

## BIRDS OF A FEATHER

BELOW YOU WILL FIND a flock of birds. Put the name of your hardest thought or emotion next to the leading bird. Name some of the other birds that often fly along with this bird. Write the words next to some of the birds.

**FEEL FREE** to add any of your own thoughts and emotions that fit even better.



**These birds are often quite loud. What happens when you try to control them? What happens when you spend all of your time focused on them?**