

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 complete failure I have been as a father.)

Imagine this thought or emotion was a person and give the person a name. Maybe the thought is *Mr. Guilty Thought* or *Mr. Hopeless Thought* or an emotion *Mr. Sad*

Emotion or Mr. Jealous Emotion. Maybe it is an urge like *Mr. I Gotta Have It*.
(Example: Mr. I'm a Failure)

People say that birds of a feather flock together!

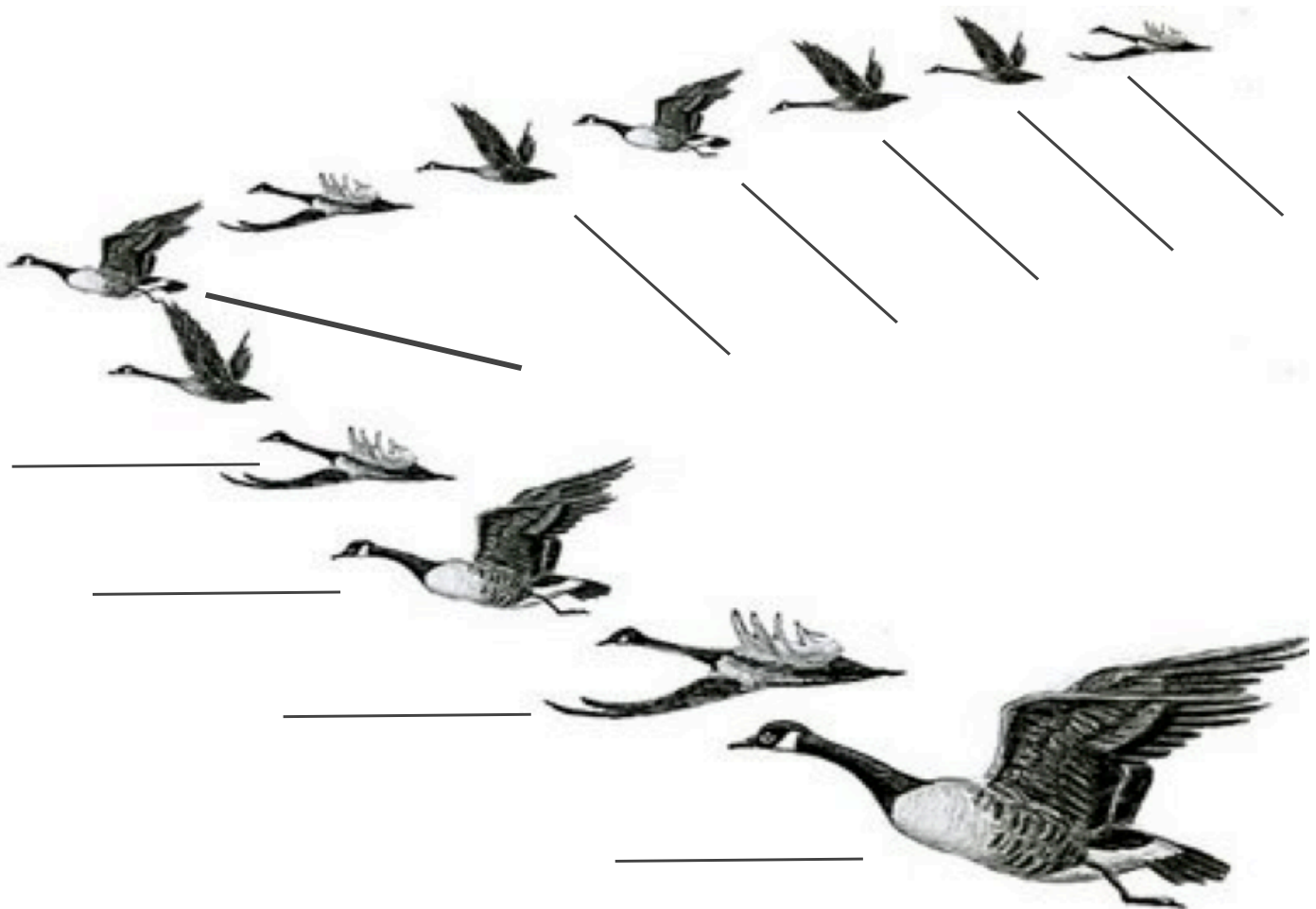
Usually thoughts and emotions like yours have buddies. When you are feeling down about taking action on this value, really making a change, other hard thoughts and emotions are often nearby.

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.

I am bad not enough unlovable lazy petty weak broken empty afraid	I am uncaring a big mouth a doormat anxious depressed defective inadequate dumb mean	I'm jealous stuck clueless inconsistent sad angry awkward insignificant unstable	It's too late for me It's too hard It's too painful It's too much It's impossible I never follow through I always fail I've tried before Everyone but me
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FEEL FREE to add 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?**