

The Art Of Emotional Health

Week Three Worksheet

Think of one person that you live or work with or are close to in some way that creates an emotional response in you:

What is the best advice you could give to that person? What do you think they should do

(Eg. Michael should watch his diet.)

Write your proof of why each statement is valid advice

(Eg. Michael is gaining weight. Too much weight is not good for his health. He is sluggish and tired.)

How would I like them to be different?

What do I REALLY think of that person? Make a list.

What does that mean about them?

And what does that mean about me?

What are some underlying beliefs in the statements above?

(Eg. People should not get fat. He should have energy. People should live active, fulfilling lives. People should be healthy.?)