

## Cognitive-Behavioural Therapy: Internal Choices for Stress-Free Living

Erin Byron, MA, Welkin YogaLife Institute, 45 Dalkeith Dr, Brantford, ON, N3P 1M1,  
519-751-1368, [info@welkin.ca](mailto:info@welkin.ca), [www.welkin.ca](http://www.welkin.ca)

How you choose to perceive a situation affects your stress levels. Fill in this worksheet once a day for seven days to begin to divide your thoughts so that you are able to make conscious choices:

<b>Situation:</b>	Someone cuts you off in traffic	
	<b>Stressful</b>	<b>Neutral/Calm</b>
<b>Brain:</b>	He/she ignored me or purposely got in my way	That person must be in a hurry. I hope everything is okay.
<b>Emotions:</b>	Angry, frustrated, stressed	Concerned for the other person; well-wishing; grateful for own health and health of loved ones
<b>Body:</b>	Stomach cramps, hot, heart pounding, tight jaw	Feel comfortable, relaxed
<b>Choice:</b>	Tailgate them	Drive safely to maintain own health

<b>Situation:</b>		
	<b>Stressful</b>	<b>Neutral/Calm</b>
<b>Brain:</b>		
<b>Emotions:</b>		
<b>Body:</b>		
<b>Choice:</b>		

<b>Situation:</b>		
	<b>Unhelpful</b>	<b>Helpful</b>
<b>Brain:</b>		
<b>Emotions:</b>		
<b>Body:</b>		
<b>Choice:</b>		

<b>Situation:</b>		
	<b>Unhelpful</b>	<b>Helpful</b>
<b>Brain:</b>		
<b>Emotions:</b>		
<b>Body:</b>		
<b>Choice:</b>		

<b>Situation:</b>		
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<b>Situation:</b>		
	<b>Unhelpful</b>	<b>Helpful</b>
<b>Brain:</b>		
<b>Emotions:</b>		
<b>Body:</b>		
<b>Choice:</b>		

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