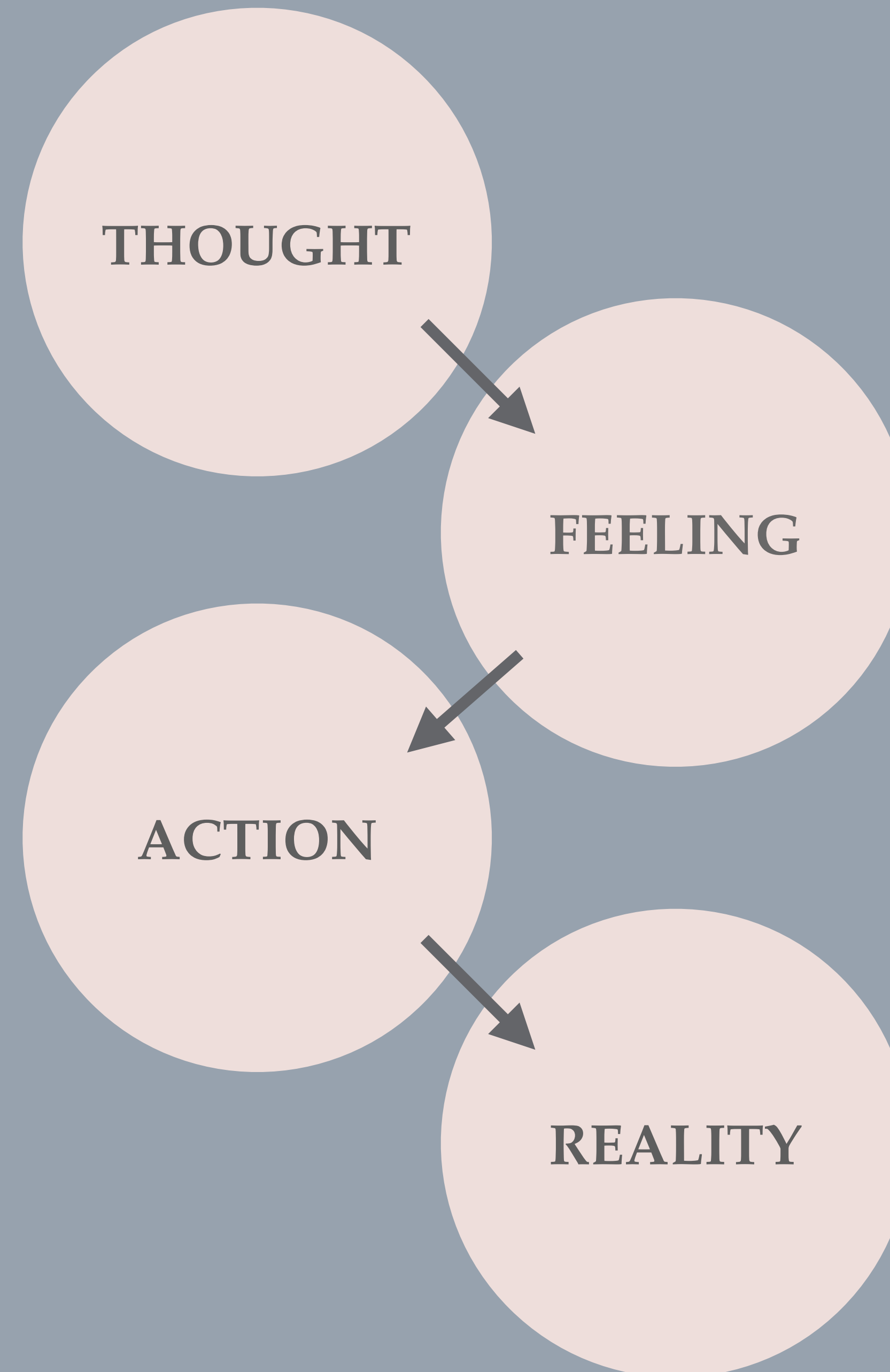


THE GRID



THE GRID

An example

CIRCUMSTANCE: Friends went to dinner without me.

THOUGHTS: "I'm always left out." "How dare they?!" "They don't think I'm fun."

"Why don't they want to include me?" "They must not enjoy my company"

FEELINGS: Left out, rejected, forgotten, sad, disappointed, uninvited, angry

ACTIONS: Isolate, ruminate, give them silent treatment, eat ice cream, shop, yell at family

REALITY: Low self-esteem, disconnected from friends, unworthiness

Reinforce,
Confirms, &
Proves

FLIPPING THE GRID

An example

CIRCUMSTANCE: Friends went to dinner without me.

THOUGHTS: “I was tired tonight, probably wouldn’t have gone anyway.”

“I know they love me, there must have been a miscommunication”

“I’m happy they are getting quality time together, it’s okay that I’m not there”

“Me not being invited doesn’t take anything away from me unless I allow it”

FEELINGS: Secure, loved, wanted, confident, unaffected

ACTIONS: Be assertive, be present with yourself & family, spend the night how you wanted

REALITY: Aligned with true self, feel connected & content, positive experience

Reinforce,
Confirms, &
Proves