**Awareness Skill #1 Worksheet**

Awareness that people do not willfully choose nor do they

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date & Time** | **Event/**  **Situation** | **Thoughts**  **(words I hear in my head)** | **Feelings**  **(sensations felt in my body)** | **Memories**  **(images from past events & fantasies about future)** | **Aware that these are experiences I’m having, not actions I’m doing? (yes/no)** |
| 3/4/13 | **Work meeting** | **Why didn't I think about that solution; did I just screw up; I could have used that money** | **Increased pulse, sweating, heart pounding** | **Boss saying that he needed answers and saying he would reward the one who gave him answers** | **Yes, I'm aware. These thoughts and feelings popped up when Mary said her solution.** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

willfully forget the unwanted Thoughts, Feelings, Memories (TFM) they have.