**Awareness Skill #1 Worksheet**

Awareness that people do not willfully choose nor do they

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