



3D DAILY CHECK-IN

Becoming Aware of Feelings, Thoughts, and Actions

3D Recovery ® Resource 1.2

Name: _____ Date: _____

Feelings. (You may want to use the list of ***Nine Core Emotions***, 3D Recovery ® Resource 3.4)

F1. Today I am feeling _____
about _____

F2. I am also feeling _____
about _____

Thoughts. My feelings seem to be associated with these thoughts:

T1. _____

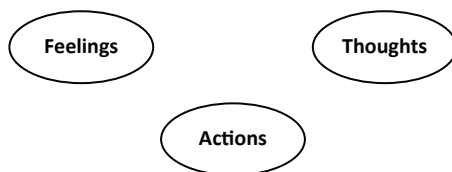
T2. _____

Actions. My thoughts and feelings are related to these actions:

A1. _____

A2. _____

Firing Order. Please use arrows to indicate how these three dimensions may be impacting one another. What started the pattern? What other area(s) did it impact?



Focal Dimension. If feelings, thoughts, or actions seem to be contributing to distress, you may want to use one of the following worksheets (check one if you'd like to use it):

- ☐ **Exploring a Maladaptive Feeling** (3D Recovery ® Resource 3.2)
- ☐ **Exploring a Dysfunctional Thought** (3D Recovery ® Resource 2.2)
- ☐ **Exploring an Ineffective Action** (3D Recovery ® Resource 4.2)

If all three dimensions appear to be functioning in an adaptive manner, check here: ☐