



EXPLORING A MALADAPTIVE FEELING

3D Recovery ® Resource 3.2

Name: _____ Date: _____

Awareness. What feeling is troubling you today?

You may want to use the list of Nine Core Emotions (3DRecovery.com Resource 3.3). If you are experiencing more than one troubling emotion, you can fill out another worksheet.

I am feeling _____
about _____

Intensity: mild 1 2 3 4 5 6 7 8 9 10 intense

Analysis. It may be helpful to analyze the adaptive value of this feeling using concepts introduced in the *Understanding Feelings* handout (3DRecovery.com Resource 3.1)

What is maladaptive about this feeling? (check all that apply):

This feeling...

- ☐ doesn't fit the current situation
- ☐ is a reaction to a deeper feeling beneath the surface
- ☐ is unclear
- ☐ is shut-down or interrupted
- ☐ is too intense – or – seems to be muted
- ☐ seems to be a reaction to something else
- ☐ I'm trying not to feel or express this emotion
- ☐ is related to dysfunctional thinking
- ☐ is related to ineffective actions
- ☐ I'm feeling badly about the emotions I am experiencing

Response. Do you want to continue to think this way or modify this thought?

- ☐ Seek social support from _____
- ☐ Emotional expression and exploration (looking for underlying feelings)
- ☐ Accepting an uncomfortable but necessary feeling (e.g., grief after a loss)
- ☐ Identifying more functional thoughts that may support adaptive feelings
- ☐ Healthy distraction (e.g., exercising, watching a movie, healthy soothing, etc.)

Adaptive Feelings. As you have explored this feeling, **have any helpful emotions come into awareness?** If so, please list the adaptive feeling(s). How can you express them?