

How do you feel?

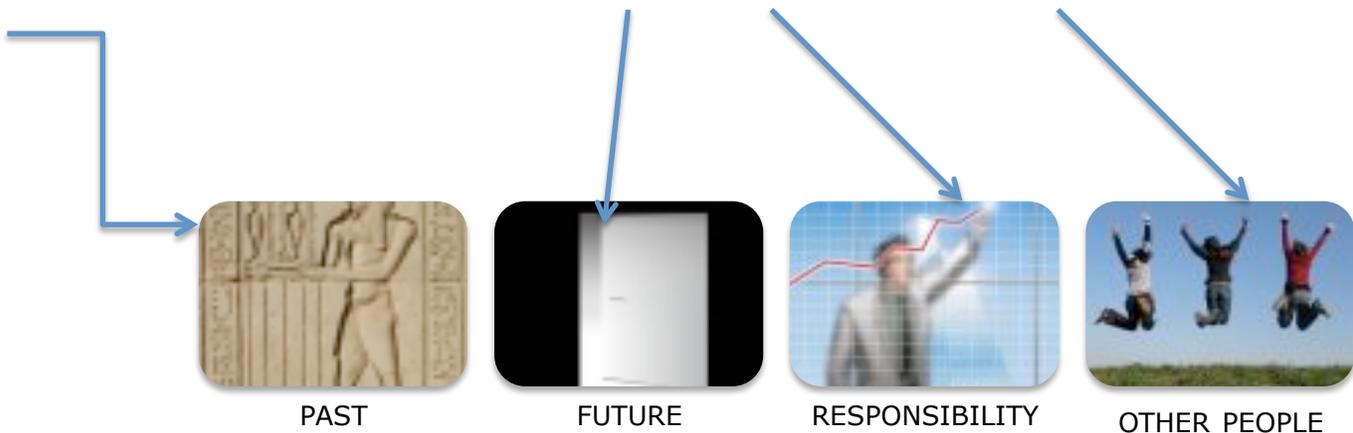
If you are happy or excited, keep doing what you are doing. If you are worried, anxious, or depressed, fill out this worksheet.

What are you thinking about right now? _____

Categorize the thought. The thought will either be something about your past, your future, about other people, or about a responsibility. Sometimes, the categories may overlap, such as when you are thinking about a future responsibility, but do your best to pick the right one. These are your mental clutter files. You can choose one of these files to file your thought, or toss it in the garbage.

Summarize your thought here: _____

File it Here:



Or if you want to get rid of it, throw it in the garbage: