

WORKBOOK

---



# TRACK YOUR FEELINGS

## Module 1- Physical

# **COPYRIGHT**

# **USE OF THE MATERIAL**

The information contained in this document contains privileged and confidential information.

The framework is proprietary property and all material including text, information and integration within the information described in this document is the intellectual property of Maryia Oayda.

You may use this framework and the contents contained in the framework for your own individual non- commercial use and for informational purposes only. No other use is permitted, including for any commercial purposes, dissemination, distribution or publication - All strictly prohibited without prior written consent.

Best wishes,

Maryia Oayda

# INTRODUCTION

# TRACK YOUR FEELINGS

## TO BE USED ONLINE & OFFLINE

I want you to become so familiar with your specific thoughts and actions. You are influenced to behave in memorized ways by the very emotion that has conditioned your body to be your mind. This is who you are on a subconscious level. With successive observations of your thoughts, you will be able to view these thoughts objectively. With this practice, you can become aware of the old patterns and will never allow them to manifest to fruition. The end result is that you stay ahead of the old self so that you have control over it.

Now, pick a comfortable place where you can be alone and not be seduced by the addiction of the external world. Make sure you won't be interrupted or distracted by people or pets. Relax. As you close your eyes you automatically disconnect yourself from the external world.

Now, when you're totally relaxed and nothing interrupts your mind, ask yourself: Who I am? When you think about yourself, what automatic thoughts do you have? Do you remember fragments of stories from your school, or perhaps you remember your parents' house? What are the things that straight away comes to your mind when you think about yourself?

Now, when you picked those thoughts, what kind of emotions do you experience? Is it anger, or pleasure, or love, or maybe you feel lost or frustrated? What do you feel? Write it down. On the first part of the page write down your thoughts and on the second part write down the feelings attached to those thoughts.

Good luck!

## EXERCISE: TRACK YOUR FEELINGS

### THOUGHTS:

- I have no physical and mental power to fight with life anymore
- No one values me. My opinions don't matter
- I'll never reach my goals
- Life is so stressful that I have no rights to think about pleasures and enjoyment
- Those people always make me feel angry.
- Everyone uses me.
- I want to call it quits.
- I don't think I can change my situation.
- It's not up to me that my life is this way.
- I'm really not that smart.
- It is very hard to change. Perhaps I need to wait for more suitable time
- I don't feel like it.
- My life sucks and I am always stressed
- This situation with \_\_\_\_\_ drains me crazy
- I'll never make a difference. I just can't.
- I don't know where to go for advice, I have no idea how to manage my life
- \_\_\_\_\_ doesn't like me.
- No one can help me.
- I always work harder than others, but make less money
- It's in my genetics. I am just like my mother/father, and there's nothing I can do about it.
- I'm worthless!

# EXERCISE: TRACK YOUR FEELINGS

FEELINGS :

**Happiness:** love, enjoyment, relief, contentment, amusement, joy, pride, excitement, peace, satisfaction, compassion

**Sadness:** lonely, heartbroken, upset, gloomy, disappointed, hopeless, grieved, unhappy, lost, troubled, resigned, miserable, poor

**Fear:** worried, doubtful, nervous, anxious, terrified, panicked, horrified, desperate, confused, stressed

**Anger:** annoyed, frustrated, peeved, contrary, bitter, infuriated, irritated, mad, cheated, vengeful, insulted

**Disgust:** dislike, revulsion, loathing, disapproving, offended, horrified, uncomfortable, nauseated, disturbed, withdrawal, aversion

# EXERCISE: TRACK YOUR FEELINGS

**DAY 1 : MY THOUGHTS**

MY FEELINGS:

# EXERCISE: TRACK YOUR FEELINGS

**DAY 2 : MY THOUGHTS**

MY FEELINGS:

# EXERCISE: TRACK YOUR FEELINGS

**DAY 3 : MY THOUGHTS**

MY FEELINGS:



# EXERCISE: TRACK YOUR FEELINGS

**DAY 4 : MY THOUGHTS**

MY FEELINGS:

# EXERCISE: TRACK YOUR FEELINGS

**DAY 5 : MY THOUGHTS**

MY FEELINGS: