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R1 Topic	Discovery Card	Model Category
Emotional Triggers	Employers or co-workers	People

Event, Experience, Situation, or Problem

Juan, a co-worker of mine, walked by my work area, but didn't stop by to say hello.

MY CURRENT PATTERN	COGNITIVE APPRAISAL	MY NEW PATTERN
<p>THOUGHT What am I thinking?</p> <p>Thought: Did I do something wrong? Why is he mad at me?</p> <p>My belief: Juan must be upset with me for something I did.</p>	<p>Evidence that supports this thought or belief:</p> <ul style="list-style-type: none"> • I saw him walk by in a hurry. • He didn't stop to talk with me or anyone else in my work area. 	<p>THOUGHT Reframed</p> <p>My new belief: Juan must have been busy with something else and didn't have time to stop by.</p>
<p>EMOTIONS How do I feel?</p> <p>Emotions: Pain, Anger, Guilt</p> <p>I feel: Hurt, Mad, Frustrated, Wrongful</p> <p>Body location: Upper arms, Stomach</p> <p>Body sensation: Anxiety, Tightness</p>	<p>Evidence that contradicts this thought or belief:</p> <ul style="list-style-type: none"> • Juan looked like he was in a hurry. He didn't look over in my direction. • Juan and I do not have a relationship with much conflict. • When we have an issue, we communicate effectively and work through it together. 	<p>EMOTIONS How do I feel?</p> <p>Emotions: Joy, Strength</p> <p>I feel: Content, Happy, Resilient</p> <p>Body location: Upper chest</p> <p>Body sensation: Light, Calm</p>
<p>BEHAVIOR What do I do?</p> <ul style="list-style-type: none"> • I obsessed about it all day. • I got upset with a customer over the phone. • I ignored Juan when I saw him later in the day. 	<p>Counter statement to this thought – My new belief:</p> <ul style="list-style-type: none"> • Juan was preoccupied with another matter. • He was trying to get to a meeting on time and didn't have time to stop by. • His actions had nothing to do with me. 	<p>BEHAVIOR What do I do?</p> <ul style="list-style-type: none"> • I was unfazed by this situation. • I was engaged with a customer problem and found a workable solution. • I texted Juan to say hello and see if he wants to have a coffee with me in the morning.

My Strengths to Leverage	My Resources	My Support Network (People)
Mindfulness practices: My ability to pause, close my eyes, and breathe.	Daily physical activity that keeps my mind positive.	Maria and Joseph.