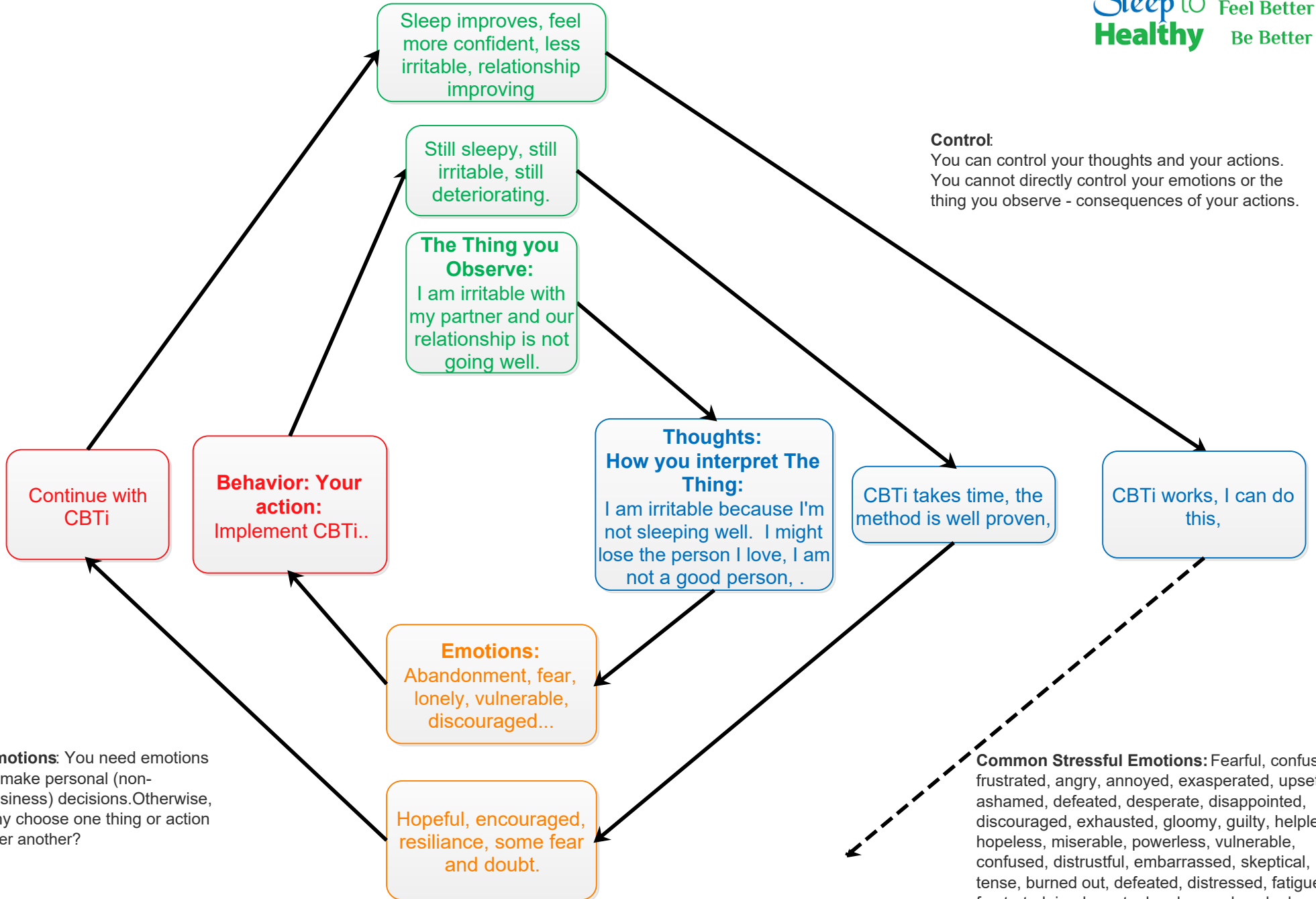


Sleep to Healthy - CBTi - Helpful Circle of Action

Control:
You can control your thoughts and your actions.
You cannot directly control your emotions or the thing you observe - consequences of your actions.



Emotions: You need emotions to make personal (non-business) decisions. Otherwise, why choose one thing or action over another?

Common Stressful Emotions: Fearful, confused, frustrated, angry, annoyed, exasperated, upset, ashamed, defeated, desperate, disappointed, discouraged, exhausted, gloomy, guilty, helpless, hopeless, miserable, powerless, vulnerable, confused, distrustful, embarrassed, skeptical, tense, burned out, defeated, distressed, fatigued, frustrated, inadequate, lonely, paralyzed, alarmed, anxious, cautious, fearful, nervous, restless, scared, sad, discouraged, lonely, pessimistic, abandonment