Feelings & Belief Scales - Color My World
Guiding Questions & Answers (ASE) - last updated 2021-08-31

1 - <u>ASE (Accurate Self Evaluations)</u> ~~~~~~~~~~~~~~~> <u>SELF-CARE</u>

In what moments do we feel different negative & positive feelings?
Zoom into yourself & name different emotions & thoughts that come to you in:
A. The Present: What emotions & thoughts do you feel right now?
B. The Past: What emotions & thoughts have you felt in different times?
C. What are Best vs. Worst times?; Easy/Good Enough? vs. Hard/Challenging?

2 - "<u>COLOR MY WORLD</u>"

One task of ASE & Self-Care is to explore your diverse Feelings & Beliefs.
In different situations, the core challenges are:
 A. Shifting to Positives; B. Making the Adjustments; C. Framing the Challenges.

For your own MAP journey, adventure, & process: Allow yourself to describe the range of diverse feelings & situations, including the frequencies & intensities of your Emotions & Beliefs.

Breath deeply (e.g., using techniques & skills such as Water, Whiskey, & Coffee Breathing) & pay attention with curiosity, tolerance and self-compassion to your Thoughts, Emotions & Body Sensations; use colors as codes for different Feelings & Thoughts; write key words & phrases - like in a graphic novel or comic book; draw pictures or use links to pictures / videos; use rating scales, such as the ones listed below; talk with your Self & Others.

3- <u>RATINGS</u>

SUD (Subjective Units of Discomfort) Scale
-10 (Worst Pain / Disturbance) to 0 (No Pain / Disturbance)

SUP (Subjective Units of Positives) Scale
+10 (Positive Feelings /Thoughts /Beliefs) to +1 (Peaceful)

VoC (Validity of Cognitions / Beliefs) Scale
+8 = I totally Believe a specific example of a positive thought/belief that I want/rather/prefer to believe (instead of different negative thought/beliefs)
+1 = I don't really believe the validity or truth of the cognition/affirmation/belief

Frequency Scale:
1 = usually, 2 = often, 3 = sometimes, 4 = rarely, 5 = never

Agree / Disagree Scale:
1 = strongly agree, 2 = agree, 3 = neutral, 4 = disagree, 5 = strongly disagree