



Dissecting Drama Worksheet

1. What is going on?
2. Why is this bothering you?
3. Who is to blame for the way you are feeling? Are you the victim? Did you cause this issue?
4. What happened makes you feel like...
5. This upsets you because....
6. Does this feel like it always happens or is it a new and surprising turn of events?
7. Other times this has happened include:
8. What actions can you take to rectify the situation?
9. What can you tell yourself to change how you feel about the situation?
10. What does this experience and my feelings about it show you?
11. Does this experience prove anything to you?
12. What belief is this experience relating to? Is it true?
13. What three things can you do to feel better right now?