Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CALM 20**

**Negative Feelings**

Sadness – list 3 things that bring unhappiness to your life.

Anger – list 3 things that create anger in your life.

Guilt – list 3 things that cause you to feel guilty.

**Positive Feelings**

Fun & Pleasure – list 3 things that you enjoy doing.

Contentment – list 3 things that help you feel peaceful.

Joy – list 3 things that you may have to work at, but bring you positive feelings for a long time.

Locus of Control – Look over your list of “things” above and underline those which you have no control over. Circle those things that you have control over. Which do you have more control over, negative or positive feelings?

External Locus of Control – Allowing those things that you don’t have control over to dominate your life.

Internal Locus of Control – Taking responsibility for everything that happens to you.