Developing New Responses

worksheet located at http://www.ColoradoCounseling.com

When there is a repeated pattern, you can examine your old TEA (Thought/ Emotion/Action) response, and begin to develop a new replacement. A blank worksheet is on page two.

This "old response" will tend to kick in on its own. But it will fade through disuse.

The "triggering" situation:

I tried going out on a date with a guy I met and we just didn't connect.

This "new response" will take conscious practice to develop! But the more you use it, the stronger it will become.

The old, habitual response:

Thoughts: This just happens over and over. I can never connect with anyone. I should just give up on dating and be happy with being alone. What's the point of trying anyway.

Emotions: Sadness, depression

Actions: Decide not to email that other guy back. Cancel my plans to go out with my friends to that party this weekend.

The new, developing response:

Thoughts: OK, so we didn't connect. I'm a unique person and my interests aren't the same as most people's. Perhaps I should give up trying to connect with mainstream guys and find some guys that are more like me. I can at least try that out before throwing in the towel.

Emotions: Disappointment, but some curiosity and hope as well.

Actions: Do some creative thinking about how to connect with non-mainstream people. Accept that I'm pretty unique. Decide to stop trying to fit in the same boxes that other people fit in.

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