



Instructions: Place a mark in this grid to indicate how pleasant (or unpleasant) and how aroused/activated an emotional experience made then feel. You can use the same grid for all of the emotional experiences you have had within a certain time period.

FIGURE 1.2. An affect grid that shows the dimensions of arousal/activation and nonarousal/deactivation. From *Emotion in Therapy: From Science to Practice* by Stefan G. Hofmann. Copyright © 2016 by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).

Instructions: Describe the initial situation (e.g., “bungee jumping”), the thought that comes to mind (e.g., “I will get hurt”), and the feeling associated with this thought (e.g., “fear”). Next, examine the second-level thought that comes to mind when you have this feeling. For example, you might think “I am a wimp” because you feel fear. Next, examine the feeling associated with this thought (e.g., “embarrassment”).

Situation (e.g., bungee jumping)	Thought 1 about Situation (e.g., “I will get hurt.”)	Feeling 1 about Thought 1 (e.g., fear)	Thought 2 about Feeling 1 (e.g., “I am such a wimp.”)	Feeling 2 about Thought 2 (e.g. embarrassment)

FIGURE 1.3. Monitoring first- and second-level thoughts and emotions.

From *Emotion in Therapy: From Science to Practice* by Stefan G. Hofmann. Copyright © 2016 by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).

Instructions: Write down the date and time when you encountered a situation in which you experienced an emotion. Describe this emotion by assigning it a label (e.g., “joy” or “anger”) and rate on a scale from 0 (*not at all*) to 100 (*extreme*) your desire to approach/engage with and avoid/disengage from the situation.

Date/time	Situation	Emotion label (joy, anger, etc.)	Desire to approach/engage (0–100)	Desire to avoid/disengage (0–100)

FIGURE 3.1. Monitoring approach and avoidance orientation.

From *Emotion in Therapy: From Science to Practice* by Stefan G. Hofmann. Copyright © 2016 by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).