

The CURE™ Worksheet

The Conscious Upset Resolution Exercise

Part One – To Do Alone Name: _____ Date: _____

1. I am feeling: _____

2. I am thinking: _____

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8. The earliest I can remember feeling this way is: _____

9. The thoughts, feelings and attitudes I hold that contribute to this current upset are:

10. The learning/growth opportunities for me in this upset are: _____

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11. What requests can I make to be responsible for my own needs and/or resolve my complaint(s) and generate cooperation?

12. Steps I can take to resolve this current upset are: _____

13. How can I/we celebrate this learning experience? _____

Anatomy of a Negative Belief Structure



