**Instructions**. Review the negative thoughts and feelings on your Daily Mood Log and fill in the three columns below. Some negative thoughts or feelings may have *only* advantages, some may *only* have core values, and some will have both advantages *and* core values.

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| **Thought or Feeling**  List each negative thought or feeling you are analyzing here**.** Work on them one at a time. | **Advantages**  What are some advantages, or benefits, of this negative thought or feeling? | **Core Values**  What does this negative thoughts or feelings show about you that is positive and awesome? |
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Continue on Reverse

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| **Thought or Feeling** | **Advantages** | **Core Values** |
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