“Driving Force” Worksheet

Name: ___________________________ Date: ___________ Worksheet #: ________

Name of Individual/Situation “V”: _______________________________________________________
(Whomever/Whatever you are holding a grievance with.)

1. List the belief(s) that you think “V” must be holding to have done/said what they did.
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

2. List the emotion(s) that you think “V” must be feeling to have done/said what they did.
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

3. List any similar belief(s) that you are holding.
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

4. List any similar feeling(s) that you are holding.
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

List the Belief(s)/Emotions(s) that drive your behavior:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

THIS IS YOUR DRIVING FORCE AND IT’S NOT SO DIFFERENT FROM “V’S”