

“Driving Force” Worksheet

Name: _____ Date: _____ Worksheet #: _____

Name of Individual/Situation “V”: _____

(Whoever/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”