WORKSHEET **Where It Sticks at Home**

For each area of your life, give two quick scores from 0 to 5. The first is how loud the bad feels there (0 = barely noticed, 5 = it takes over). The second is how much good you actually catch there (0 = almost none, 5 = plenty). There are no right answers; this is a snapshot of where your radar points today.

Mornings at home. Bad feels this loud: _____ Good I catch: _____

The dinner table. Bad feels this loud: _____ Good I catch: _____

The car and errands. Bad feels this loud: _____ Good I catch: _____

Work. Bad feels this loud: _____ Good I catch: _____

My phone. Bad feels this loud: _____ Good I catch: _____

Weekends. Bad feels this loud: _____ Good I catch: _____

Family get-togethers. Bad feels this loud: _____ Good I catch: _____

Circle the area where the bad is loudest and the good is quietest (a high first score and a low second score).

☐ I've circled my area.

The area I circled: _____

One bad moment from this week that got the loudest slider: _____

One good moment from the same day that I nearly missed: _____

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