

Matching thoughts to emotions exercise



This exercise is a helpful way to discuss the relationship between thoughts and feelings. It shows how different interpretations of being alone can lead to different thoughts and emotions.

Thoughts

What if I get sick and there's no one to help me?

I will become a burden on my son.

No one cares about me.

Emotions

Guilt

Fear

Sadness

This handout is from Van Orden et al.'s (2020) article "Strategies to Promote Social Connections among Older Adults during 'Social Distancing' Restrictions." It is intended to be completed with the support of a service provider. For more details on how to use this tool, visit: www.eenet.ca/resource/social-connection-isolated-older-adults.