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My Stages Of Grief

The 5 stages of grief, or the Kübler-Ross model of grief, consist of 5 stages: denial, anger, bargaining, depression and acceptance. When people are grieving they are likely to go through each of these five stages in their own time, as they grieve the loss of someone or something important to them. (Keep in mind that grief does not only mean mourning the death of someone, but can also include everything from breakups to career failures to loss of pets.)

Everyone grieves differently and experiences each of the 5 stages differently. Below each stage is briefly described. Read to each description, explain how you relate to each of the five stages. What did you go through? How did you feel? How were you able to progress to the next stage?

Denial: The griever will find it difficult to believe or accept the outcome of a diagnosis or situation, and will likely continue to believe the more preferable outcome, using thoughts to justify holding on to the more favorable outcome of the loss.

Anger: When the griever begins to come to terms with the most favorable outcome not being the most likely outcome, they become angry. Frustration, fear and confusion fuel the anger, as they struggle with questions like "why is this happening?"

Bargaining: This is when the griever begins to try to find ways around the outcome. Those struggling with grief of death will begin to bargain, offering things like a modified lifestyle or seeking redemption for the past, and others who are grieving things not related to death will also seek compromise.

Depression: At this point in the process the griever falls into a state of despair as they stop fighting the outcome of a situation. This is a difficult point in the grieving process, as it will likely have the griever show symptoms like isolation, loss of appetite, or extreme sadness and inaccessibility.

Acceptance: This is the point in which the griever accepts the reality they are faced with and begins to work toward finding ways to move on with their lives without what they lost. What are your steps to move forward at this stage in grieving?

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Thinking Errors



Ignoring the Good. You pay more attention to bad things, and ignore when something good happens.

examples:

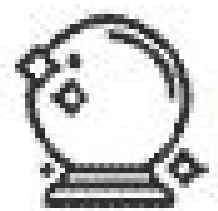
- You get one answer wrong on a long test, and all you can think about is the mistake.
- You score two goals in your soccer game, but all you can think about is the shot you missed.



Blowing Things Up. Making a really big deal out of something small, or making something a little bit bad seem like the worst thing ever.

examples:

- You get a stain on your new shoes and you think they're ruined and can't be worn anymore.
- "I'm not allowed to see my friends on Friday. My life is horrible!"



Fortune Telling. Thinking you know what will happen in the future, and that it will be bad.

examples:

- "I know if I ask her to the dance she's going to say no."
- "I know if I don't go to the party, no one will come to my birthday party."

Preview
page 1 of 3

changing those thoughts



1. Where were you? And what were you doing? Write or draw a picture below.

2. How did it make you feel? Draw your face and write the feeling word in the box below.

3. What was your automatic negative thought? Write that thought in the speech bubble.

4. What could be an alternate positive thought? Write that in the speech bubble.

5. How would that make you feel differently? Draw your face and write the feeling word in the box below.



Unhelpful Thinking Habits

Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them - they very often occur just before and during distressing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way. *Blue text (italics) helps us find alternative, more realistic thoughts.*

<p>Mental Filter - When we notice only what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed. <i>Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?</i></p>	<p>Judgements - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for. <i>I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?</i></p>
<p>Prediction - Believing we know what's going to happen in the future. <i>Am I thinking that I can predict the future? How likely is it that that might really happen?</i></p>	<p>Emotional Reasoning - I feel bad so it must be bad! I feel anxious, so I must be in danger. <i>Just because it feels bad, doesn't necessary mean it is bad. My feelings are just a reaction to my thoughts - and thoughts are just automatic brain reflexes.</i></p>
<p>Mind-Reading - Assuming we know what others are thinking (usually about us). <i>Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?</i></p>	<p>Mountains and Molehills - Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives. <i>Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?</i></p>
<p>Compare and despair - Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them. <i>Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?</i></p>	<p>Catastrophising - Imagining and believing that the worst possible thing will happen. <i>OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?</i></p>
<p>Critical self - Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility. <i>There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am totally responsible for?</i></p>	<p>Black and white thinking - Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'. <i>Things aren't either totally white or totally black - there are shades of grey. Where is this on the spectrum?</i></p>
<p>Shoulds and musts - Thinking or saying 'I should' (or 'shouldn't') and 'I must' puts pressure on ourselves, and sets up unrealistic expectations. <i>Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?</i></p>	<p>Memories - Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now. <i>This is just a reminder of the past. That was then, and this is now. Even though this memory makes me feel upset, it's not actually happening again right now.</i></p>

Anger Diary

Before you can control your anger, you'll need to learn to recognize when and why you feel angry. An Anger Diary is a tool used to record your anger triggers, and your response to anger, so you can better understand them in the future.

What happened before I felt angry.	What I thought, and how I felt.	How I responded to the situation (my behavior).	The consequence.
<i>Example:</i> My boss asked me to redo some work.	Feeling: Hurt / Angry Thought: My boss never things I do a good enough job.	Stormed out of my bosses' office, closed my door, and kicked my trashcan.	I felt upset the rest of the day and felt like I had to avoid my boss.

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Tracing worksheets a to z. Tracing patterns worksheet. Tracking negative thoughts worksheet. Tracing worksheets for beginners.

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Model of Forty - Term Framework Framework A Model of Bt Bi Table (sometimes called fortnightly hours) presents the data on the number of worked over a two week period.Á Á This simple timesheet template is useful if youÁÁÁAre paying your workers and contractors twice a month. Download links: 4. Monthly Timesheet Template This free timesheet template helps you keep track of the work completed over an entire month. The monthly timesheet template is the least detailed of the worksheets, but it makes monthly payrolls much easier.Á Á Download links: What is a Construction Timesheet? A construction timesheet is a record of the time an employee or contractor spends on various construction tasks like structural repair, drywall, inspection, etc.Á Á Some of the information usually contained in a construction timesheet include: When construction workers clock in and clock out.Á Á The duration of each task in a day/week or month.Á Á Lunch breaks and other breaks taken.Á Á Overtime hours worked.Á Á Attendance record and sick leave.Á Á But why do you need a timesheet? Construction workers usually have flexible schedules dictated by the urgency of specific jobs or callouts instead of regular hours. Additionally, many workers are paid an hourly rate.Á Á Using a timesheet, managers can easily keep track of how long employees work and pay them accordingly. More on this in a minute. How do you maintain construction timesheets? While paper timesheets and the time card template can be used to keep track of worker hours, they arenÁÁÁÁt the most convenient way to do so.Á Á Instead, you can go for Microsoft Excel, Google Sheets, or a similar spreadsheet app to maintain construction timesheets. All you need to do is download a construction timesheet template, like our simple Excel timesheet, so you donÁÁÁÁt have to create one from scratch! The construction employee timesheet template helps an employer, HR professional, foreman, or manager monitor the start and end time of employee work hours (as well as sick leaves,) in order to make accurate payments. 2 Key Benefits of Using a Construction Model construction time frame models can certainly save time, but there are also some other benefits. Here are some of the advantages of using construction time frame models: 1. Simplified payroll management not only the time frames help you pay your employees for the total hours they worked on, but these models are also useful when you need to charge your customers. For example, if you are a contractor with construction workers hired daily, weekly or monthly, you can calculate the total time you spent on a customer's project. You can send an accurate invoice when charging the customer for the work done. . And if you are project manager for a group of construction workers, supervision can get even more complicated. You will have to physically walk through the site, constantly checking each worker and the progress of their tasks. Timeframes provide more accurate details of the activities that are underway on the site. This data can be used to monitor the work and evaluate progress individually for each project. Also, be able to see what everyone is working on and how long they spend working on tasks throughout the day will help you plan better. You can also identify and address any problematic areas that may be decreasing their progress. 3 Disadvantages of the use of construction schedule frame models a few decades ago, filling the paper time frames was a tedious process. Models: 1. Discrepancies between real and reported times to ensure the accuracy of payments, schedules need to be accurate. However, an excel or an excel ortahst stroper setareng yllacitamotua ti. loot tmemeganam ytitvudorp hcus eno si rotcoD emitÁ Átmemeganam emit nwo rieht evorpmi dna ezylna srotcartnoc dna seeyolpme spleh osla ti. seeyolpme fo ytitvcarse T. yrow tánoD Á. yrtsudni noitcurtsnoc eht rof yllaicepsE. snoitatimil dna segatnavdasid fo rebmun a evah setalpmet teehsemit. yltrae C steehsemit noitcurtsnoC of avoidnret! ? 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Project Report Instead of the typical design time sheet template, you may be familiar with, Time Doctor's Project Report accurately displays how long it is spent on specific projects. It also shows which worker involved with the projects and on which dates. 3. GPS Tracking Time Doctor also has a GPS tracking feature for your mobile app for Android devices. This allows you to check if your workers are in the construction site. Once the feature is enabled, you also receive GPS tracking reports showing the location of your workers. Note: The GPS tracking feature only records your locations when you are working. To ensure your privacy, Time Doctor will not track your location throughout the day. In addition, it is better to inform workers in advance to ensure that they are aware of their location being tracked during working hours. 4. Best payment sheet management Most small companies rely on Microsoft Excel templates for payroll records. Luckily with Time Doctor, you no longer need to rely on an Excel spreadsheet template and formulas to calculate your payroll. Time Doctor allows you to easily generate payroll invoices and payfreelancers and contractors at any time. With Time Doctor, you can: Specify a payment fee for each employee or contractor. Select the required payment currency and payment method for each user. All information entered for employees (payment fee, currency and payment). ylsuoires. ylsuoires ti gnitcetorp ekaD dna ycavirp ruoy tcepsE eW. xobni liame ruoy ot ytitvudorp dna gnirkrow etomer no fluts gnitseretni teg dna tsil gnliam ruo of ebricslaS) ecenerfnoc krow etomer tsegtral s. dírow eht, etomerR gninnar fo rezinagro-oc eht osla si eH. smaet etomer rof erawfos gnikart emit gnidael s. dírow eht fo enoÁrotcoD emitÁ Á fo Áyadot pu ngis ton yhw os. ,reht tuo ynapmoc noitcurtsnoc yna rof noitulos ytitvudorp etamilu eht si rotcoD emitÁ Á lenil eht nwoD ytilibatforp erom snaem hcilhw ? 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17/6/2022 · Its simple and elegant interface is able to accommodate rapid journaling and goal/task tracking. Consider using this app if you need a portable journal to help you live life to the fullest. The app is available for free, with in-app purchases starting at \$1.99. 9. Remente. Cost: Free & Paid (starts at \$4.99) Best for: Mental health tracking An ebook (short for electronic book), also known as an e-book or eBook, is a book publication made available in digital form, consisting of text, images, or both, readable on the flat-panel display of computers or other electronic devices. Although sometimes defined as "an electronic version of a printed book", some e-books exist without a printed equivalent. LIVESTRONG.COM offers diet, nutrition and fitness tips for a healthier lifestyle. Achieve your health goals with LIVESTRONG.COM's practical food and fitness tools, expert resources and an engaged community. At EducationCity we provide primary teaching resources and games, personalised learning, curriculum coverage, detailed assessment & professional development 21/11/2021 · Internal thoughts (the memories and thoughts being entertained by the mind). Suggesting how a well-adjusted person would react to the situation. Comparing the current mood to that of the well-adjusted person. If journaling and writing out the information by hand takes too much time, there are more simplified Mood Logs to choose from. Including: 1. AmblesideOnline is a free homeschool curriculum that uses Charlotte Mason's classically-based principles to prepare children for a life of rich relationships with everything around them: God, humanity, and the natural world. Our detailed schedules, time-tested methods, and extensive teacher resources allow parents to focus on the unique needs of each child. 10/6/2022 · "Why" questions can highlight our limitations and stir up negative emotions, while "what" questions help keep us curious and positive about the future (Eurich, 2017). With this important point in mind, let's move on to the questions, exercises, and worksheets that you can use to work on your own self-reflection. 19/11/2020 · Final Thoughts. Tracking your construction team's work hours not only helps you pay them fairly but it also helps analyze their productivity. While the free Excel timesheet templates (and PDF & Word templates) we've provided can help speed up the process, it can be manually tiring to use them for a massive team. Atomic Habits Worksheets. The Atomic Habits worksheets PDF format is editable so you can type on them before you print. 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