

IDENTIFYING FUTURE EXPECTATIONS

Event/Situation	Past/Present/ Future	Future Expectation <i>What am I expecting will happen?</i>	Want/ Don't Want	Emotion
Example: <i>My boss yelled at me.</i>	<i>Past</i>	Future: <i>I won't get a promotion, and I will always be stuck in this lousy job.</i>	<i>Don't want</i>	<i>Depressed</i>
1.		Future:		
2.		Future:		
3.		Future:		
4.		Future:		
5.		Future:		