

Dealing with Distress Worksheet 2

Prompting Event – What was happening? Where? When? Who with?

Interpretation – What meaning was I giving the situation? What opinion was I adding to the facts?

Body Sensations – What did I feel in my body?

Body Language – What did my body do? How did it move? (posture, facial expression, body movement, gestures etc)

Action Urge – What did I feel like doing? (Running away, attacking, withdrawing)

Emotion Name - Anger, sadness, fear, guilt etc

Choose action – What will help most? Can I, or do I need to, change this situation? If not, how can I reduce the distress? What will be most effective and most appropriate?

Outcome – What helped? What didn't help? What could I have done differently?