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)
Action orge What did I reer like doing: (Naming away, attacking, withdrawing)
Emotion Name - Anger, sadness, fear, guilt etc
Timetron Name / Angel, Saaness, Tear, gane etc
Change patien What will halp most? Can I ar do I need to shange this situation? If
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?
They have can't reduce the distress. This is most encoure and most appropriate.
Outcome – What helped? What didn't help? What could I have done differently?