**Situation**

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**Thoughts & Images**
What went through my mind at that time? What disturbed me? If I had those thoughts/images/memories – what did that say or mean about me or the situation?

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**Body / Physical sensations**
What did I notice in my body? What did I feel? Where did I feel it?

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**Moods / Emotions**
What emotion did I feel at that time? What else? How intense was that feeling? (0 – 100%)

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**Behaviours / What I did or didn’t do**
What helped me cope and get through it? What didn’t I do or what did I avoid doing? What automatic reactions did I have? What would other people have seen me doing?