Can we look at this together, to help me make sense of this?

Do you think that sounds like the (Core Beliefs / Assumptions) we’ve looked at before?
Can you see how this way of seeing things might relate to what was happening?
What would someone else think?
Is there another way of looking at this?

**Situation**
What, When, Where, Who, How

Can you describe what was happening with you at that time?

**Thoughts**
What was going through your mind at the time / just before?
Images?

HOT thoughts – belief rating
Thinking Errors?

3 levels of Cognitions – relate to formulation

**Biology**

What was happening in your body at that time?

**Moods/Feelings**

Check intensity
Did you feel anything else at that time?
How does it feel when you talk about it now?

**Behaviour**
Withdrawal, Avoidance, Safety/Coping
(thought suppression, imagery, distraction)

If I was a fly on the wall, what would I have seen?

SHOW: Have I got this right?
Is there anything that doesn't make sense?