<table>
<thead>
<tr>
<th>Situation &amp; Trigger</th>
<th>Emotion/s</th>
<th>Initial thought, image, doubt, feeling, worry</th>
<th>Alternative response</th>
<th>What did I do?</th>
<th>What’s the outcome?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rate 0 – 100%</td>
<td>Meaning of the initial thought or image.</td>
<td>What would be a healthier, more balanced perspective?</td>
<td>How long for?</td>
<td>What could I do or have done instead?</td>
</tr>
<tr>
<td></td>
<td>Physical Sensations?</td>
<td>What might happen?</td>
<td></td>
<td>How many times?</td>
<td>Defusion technique?</td>
</tr>
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<td></td>
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<td>What’s the best response?</td>
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<td>Re-rate Emotion</td>
</tr>
</tbody>
</table>

**STOPP! Take a breath….**

- Is this fact or opinion?
- Am I assuming I will be responsible for this worst possible event?
- What would someone else say about this situation?
- What’s the bigger picture?
- Is there another way of seeing it?
- What advice would I give someone else?
- What is my reaction in proportion to the actual event?

**What happened?**

- What did I notice?
- What did I react to?
- What emotion did I feel at that time?
- What else? How intense was it?

**What did I do?**

- What did I feel like doing but didn’t?
- What did I do instead?
- What helped or would have been helpful?
- What could I do differently? What would be more effective?
- Act wisely. Consider my goals.
- What will be most helpful for me or the situation?
- What will the consequences be?