

SITUATION

When? Where?
What? Who with?

ALTERNATIVE THOUGHTS & IMAGES

Is this fact or opinion? What am I reacting to?
What other ways of looking at it are there? What's the bigger picture? What advice would I give someone else?
What might be a more helpful way of picturing it?

INSTRUCTIONS

1. Complete the 'Situation' box
2. Complete the shaded inner boxes
3. Complete the outer 'Alternatives' boxes

THOUGHTS & IMAGES

What did I think or imagine at that time? What went through my mind? What did that say or mean about me or the situation?

BEHAVIOURS

What did I do at that time? What did I avoid doing? What was my automatic response? What would a fly on the wall have seen me do?

FEELINGS

Emotions / Moods

What emotion did I feel at the time? How intense was that feeling? (0-100%)

Physical / Body sensations

What did I notice in my body? What did I feel? Where did I feel it?

ALTERNATIVE BEHAVIOURS

What could I do that would be more helpful and effective? What's the best thing to do: for me, for others, for the situation?

ALTERNATIVE FEELINGS

What could I feel (if I acted / thought differently)?

Tell yourself: "This feeling will pass. It's a normal body reaction."

Breathe – focus your attention on your breathing. Imagine you have a balloon in your belly, inflating on the in-breath, deflating on the out-breath.