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?

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?

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?

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?

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.

ALTERNATIVE BEHAVIOIRS
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?

INSTRUCTIONS
1. Complete the ‘Situation’ box
2. Complete the shaded inner boxes
3. Complete the outer ‘Alternatives’ boxes

SITUATION
When? Where? What? Who with?