

Situation

Where? When? Who with? What happened? How?

Padesky 5 Aspects. 1986

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?

Body / Physical sensations

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

Moods / Emotions

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

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?