

**Trigger:**

**Situation**

Where? When? With whom? What happened? How

**CONSEQUENCES**

SHORT-TERM POSITIVE:

SHORT-TERM NEGATIVE:

LONG-TERM POSITIVE:

LONG-TERM NEGATIVE:

**Thoughts and mental images or memories**

What was going through my mind at that moment? What worried me?  
What did these thoughts mean to me, or what did they say about the situation?

**Physical sensations/Changes in the body**

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

**Emotions/Mood**

How did I feel emotionally?  
How intense were the feelings? (0 - 100%)

**Behaviour. What I did or did not do at that moment?**

What helped me in that moment? What did I not do, or what did I avoid? What automatic reactions did I have? What would others notice?

