VICIOUS CYCLE

Choose one specific situation. Write down your own experience without judging it. Try to fill in as much as you can. You don't have to complete the sections in order.

TRIGGER | *What started it all? Identify the specific moment or initial stimulus that triggered your reaction. It could be something you saw or heard, but also a memory, thought, or bodily sensation.*

SITUATION | *Where was I, who was I with, and what was happening? What was going on at that moment?*

THOUGHTS | *What went through my mind? Write your thoughts in direct speech, using the first person.*

EMOTIONS | *What did I feel? How intense was it (0–100%)? Use the emotion map at www.kobeterapie.cz.*

BODY | *What sensations did I notice in my body? Where did I feel them?*

BEHAVIOUR | *What did I do, not do, or avoid doing?*

SHORT-TERM CONSEQUENCES | *What did my reaction give me? What did it cost me?*

LONG-TERM CONSEQUENCES | *What patterns are maintained by repeating this reaction? What do I gain from it, and what does it take away from me?*

WHAT CAN I TAKE AWAY FROM THIS?

Try to look at your vicious cycle as a whole. Notice how your thoughts, emotions, bodily reactions, and behaviour are connected and influence one another.

What surprised you? Did you notice anything that keeps repeating in your reactions?

You don't need to change anything or find the right solution right now. Simply becoming aware of what is happening within you is already an important first step towards change.



ko be terapie