<table>
<thead>
<tr>
<th>Situation / Trigger</th>
<th>Feelings / Emotions – (Rate 0 – 100%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Body sensations</td>
</tr>
<tr>
<td>Unhelpful Thoughts / Images</td>
<td>Facts that support the unhelpful thought</td>
</tr>
<tr>
<td></td>
<td>Facts that provide evidence against the unhelpful thought</td>
</tr>
<tr>
<td></td>
<td>Alternative, more realistic and balanced perspective</td>
</tr>
<tr>
<td>Outcome</td>
<td>Re-rate emotion</td>
</tr>
</tbody>
</table>

**What happened?**
- What emotion did I feel at that time?
- What else?  How intense was it?  Where did I feel it?
- What went through my mind?
- What disturbed me?  What did those thoughts/images/memories mean to me, or say about me or the situation?
- What am I responding to?
- What ‘button’ is this pressing for me?  What would be the worst thing about that, or that could happen?

**What are the facts?**
- What are the facts?
- What facts do I have that the unhelpful thought/s are NOT totally true?
- What is it possible that this is opinion, rather than fact?
- What have others said about this?

**STOP! Take a breath…**
- What would someone else say about this situation?
- What’s the bigger picture?  Is there another way of seeing it?
- What advice would I give someone else?
- What works! Act wisely.

**What am I feeling now?** (0-100%)
- What could I do differently?  What would be more effective?
- What will be most helpful for me or the situation?
- What will the consequences be?