

SITUATION

When? Where? What?
Who with?

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?

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?

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?