



Wants?
 What do you want to feel, think, and/or do? Where do you have the most control?
 What options do you have?

Activating Event		Consequences	
<i>Trigger:</i> What did you see, hear, touch, feel, taste, & smell? What were you doing?	<i>Coping:</i> What can you do to see, hear, touch, feel taste, &/or do something else?	What did your body feel like? What did you emotionally feel? What did you do? How intense was each experience?	What can you do to help your body and emotions feel differently?

Awareness		Beliefs		Consequences	
What were you immediately aware of? What did you see, hear, touch, feel taste, & smell next?		What went through your mind? What did you immediately think about this process? What did you think a little later? What distortions did you notice? How much do you believe them?		What did your body feel like? What did you emotionally feel? What did you do? How intense was each experience?	
What can you do when you become aware of these things?		Do these make sense, help you get what you want, or feel the way you want? If not, what new things do you want to run through your mind? What do you want to think about this process? What new patterns of thought might be helpful? How much do you believe them?		When you do these things, what do you expect to feel and do differently? How intense will each experience be?	

What are you going to do?