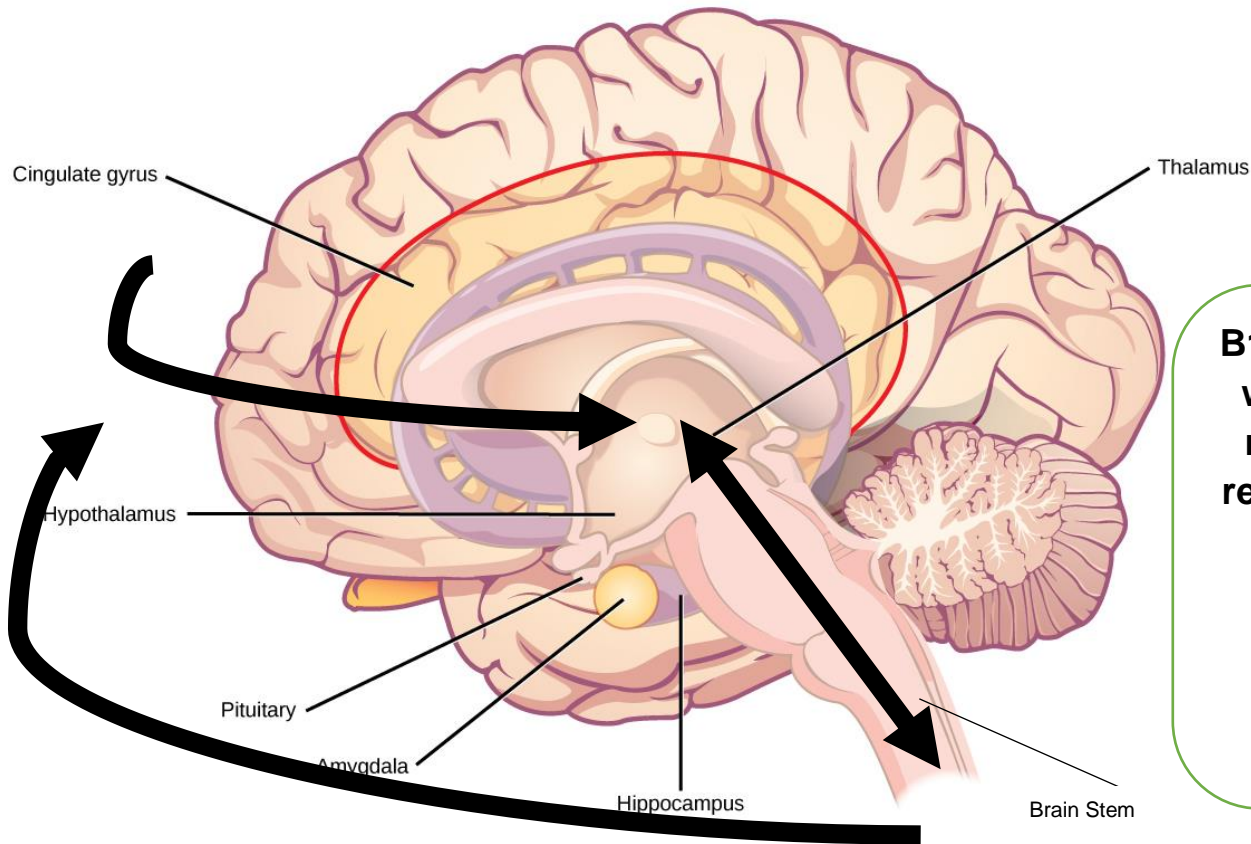


A1: What happened? What did you see, hear, touch, taste, and/or smell?

Reappraising Past Events: Wave1



Attend. Build. Connect.



B1: What did A1 remind you of? What was familiar about A1? How was A1 related to your safety? How was A1 related to your pleasure? How was A1 related to avoiding pain?

C1: What did you experience in your body? What did you do? What feeling would you call this?

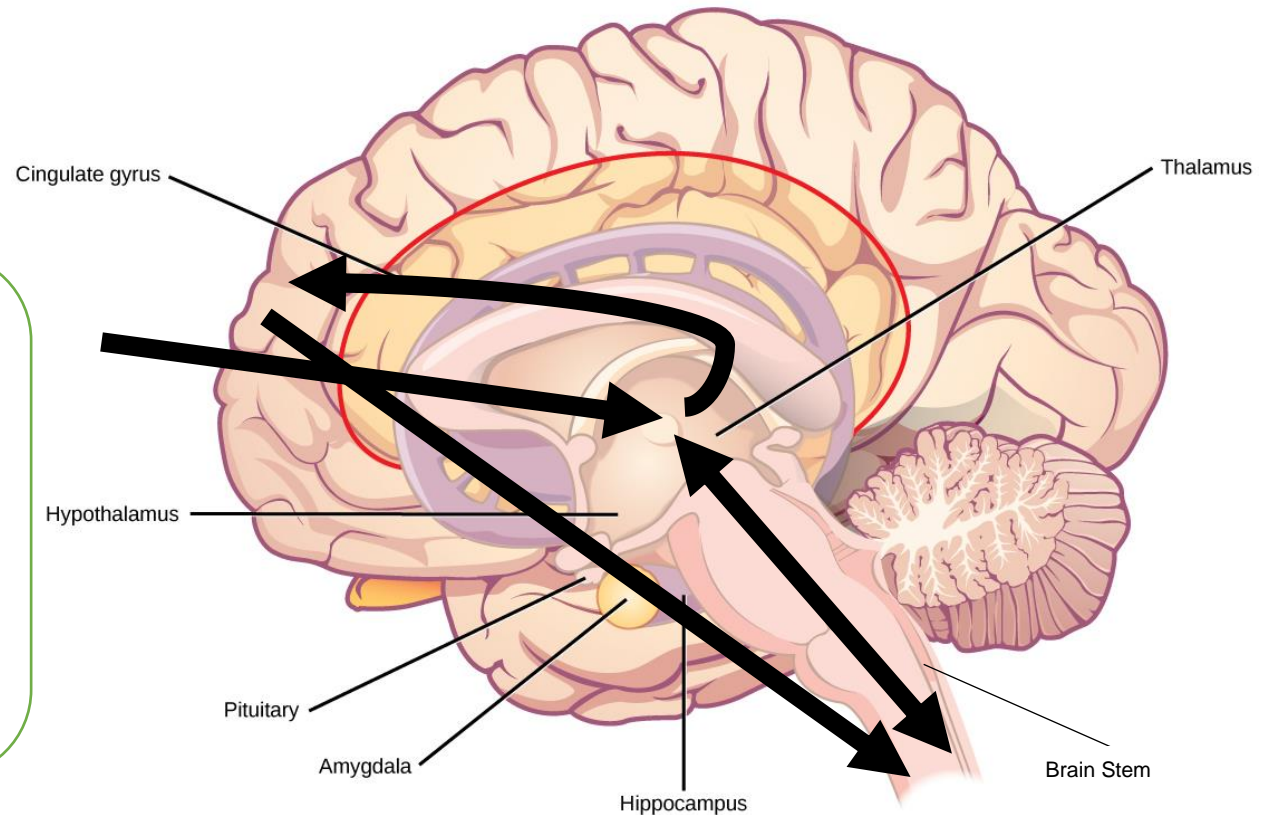


Attend. Build. Connect.

Reappraising Past Events: Wave2

B2: What went through your mind? What did you think about? The event? Self? Others? Future?

A2: What did you notice? When did you become aware of C1? How long did it take to notice C1?



C2: What did you experience in your body? What did you do? What feeling would you call this?