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| **5 Areas** |

Use this template to pinpoint a situation where you have been distressed and try to identify your thoughts, feelings, behaviours and physical responses. Can you see how they will contribute to maintain a vicious cycle?

**Situation**

*What was happening at the time that you were distressed?*

**Body**

*Did you notice any physical symptoms in your body?*

**Feelings**

*What mood were you in and what emotions were you experiencing?*

**Behaviours**

*What did you do as a result of thinking and feeling like this?*

**Thoughts**

*What thoughts were you having? What were your opinions?*