



5 Areas

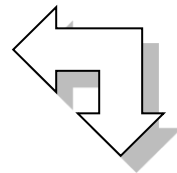
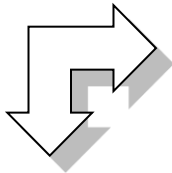
Use this template to pinpoint a situation where you have been distressed and try to identify your thoughts, feelings, behaviours and physical responses. Can you see how they will contribute to maintain a vicious cycle?

Situation

What was happening at the time that you were distressed?

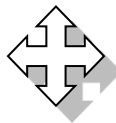
Thoughts

*What thoughts were you having?
What went through your mind?*



Body

Did you notice any physical symptoms in your body?



Feelings

*What mood were you in?
How did you feel?*

Behaviours

What did you do?

