

A	<p>Activating / Triggering Event Situation (Trigger may also be a feeling) What was happening just before I started to feel this way? What was I doing?</p> <p>Who was I with?</p> <p>Where was I?</p> <p>When was it?</p>
B	<p>Beliefs Thoughts and/or Images What was going through my mind at that time?</p> <p>Meanings & interpretations What did this say or mean about me? What was the worst thing that could happen?</p>
C	<p>Consequences Emotions Describe in a single word/s & rate intensity 0-100%</p> <p>Physical sensations What did I feel in my body?</p> <p>Behaviours: actions & urges What did I do? What did I feel like doing?</p>