

A	B	C
Activating / Triggering Event Situation (Trigger may also be a feeling)	Beliefs	Consequences
<ul style="list-style-type: none"> • What was happening just before I started to feel this way? • What was I doing? Who was I with? Where was I? When was it? 	<ul style="list-style-type: none"> • Thoughts and/or Images <i>What was going through my mind at that time?</i> • Meanings & interpretations <i>What did this say or mean about me?</i> <i>What was the worst thing that could happen?</i> 	<ul style="list-style-type: none"> • Emotions Describe as in one word/s & rate intensity 0-100% • Physical sensations <i>What did I feel in my body?</i> • Behaviours: actions & urges <i>What did I do?</i> <i>What did I feel like doing?</i>