

<u>TRIGGER SITUATION</u> <i>What were you doing or thinking?</i> <i>When was it? Where were you?</i> <i>Who were you with?</i>	<u>FEELINGS</u> <i>What were you feeling?</i> 1-10	<u>THOUGHTS</u> <i>What went through your mind just before you started to feel this way?</i> <i>What does this say about me?</i> <i>What is the worst that could happen if this is true about me?</i>	<u>ERRORS</u> #1 Jumping to conclusions #2 Over-generalizing #3 Either/Or <i>(also see errors on p.70)</i>	<u>ANSWERS</u> <i>What's the evidence that thought is 100% true?</i> <i>What's an alternative explanation?</i> So what?	<u>ACTION</u> <i>How can you test this out or improve the situation?</i>	<u>OUTCOME</u> <i>How do you feel now(1-10)</i>