

Behaviours

What do I do? What don't I do? What do I need to do less of, or stop?

What do I need to do more of, or start?

Emotions

What emotion/s do I feel when I'm distressed? What else?

Body symptoms

What sensations do I feel in my body? What's the worst thing?

Name of Person or Problem

Life Situation & Experiences

Past

Current

Thoughts & Images

What thoughts go through my mind? What keeps popping up? What meaning do I give situations? What pictures do I see in my mind?