

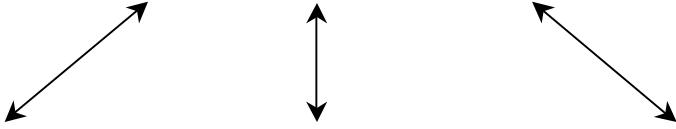
# Thought/Feeling/Behaviour Form – *How do we communicate/see others behaviour?*

**Situation (Who? Issue? What are they doing to you? What is their behaviour?)**

He is good!!

He is bad...

**Thinking / Beliefs (how are you interpreting it? What are they doing wrong? What does it mean?)**



Feelings:	Fight or Flight Symptoms:	Behaviour:

**EXAMINE, CHALLENGE, DISPUTE:** Where is the evidence? Is there evidence against? Are there other possibilities? Am I using one of my unhelpful thinking habits? Am I doing 'must' and 'should'? Would I think differently if everything was wonderful in my life? Did I behave in a self sabotaging way? Is there an alternative way of looking at this situation (what is it *more true* to say)? :

**New healthy appropriate / evidence based alternative thinking, that keeps you cool & gets you where you want to go:**