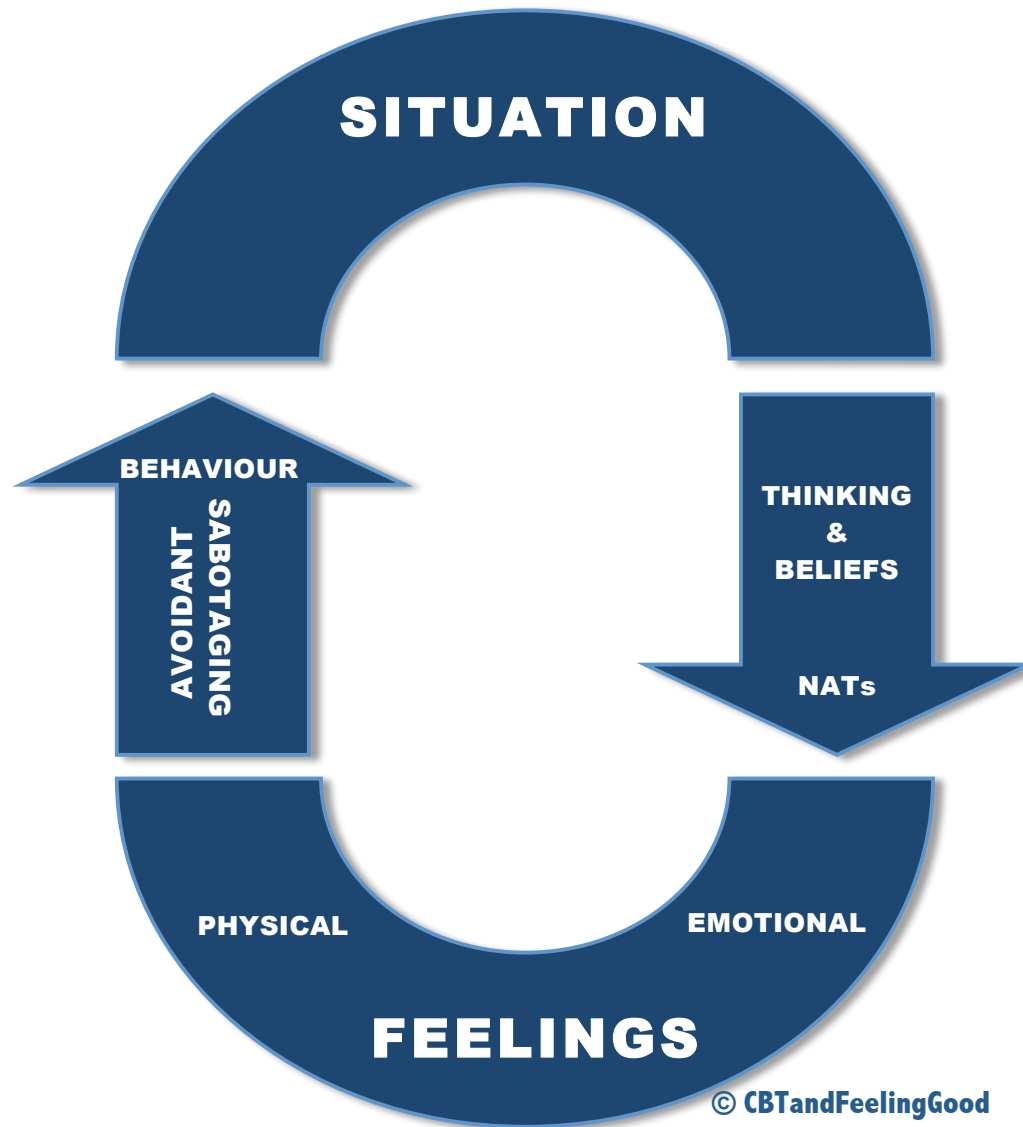


Situation:

Behaviour:

- *Coping/safety strategies?*
- *Relating/communicating response?*
- *Self limiting/sabotaging?*
- *Avoidant?*



Negative Automatic Thoughts:

- *What's happening?*
- *What's going to happen?*
- *What does that mean?*

Feelings - *emotional and physical:*

DISPUTE THOUGHTS & BELIEFS

- *Do I have evidence to support this?*
- *Do I have evidence against it?*
- *What is the effect of thinking the way I do?*
- *What can I do to alter the situation?*
- *Is there another, more realistic, way of looking at this situation?*

Plan of action?

How do I feel now?