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SITUATION	THOUGHTS & BELIEFS	FEELINGS	BEHAVIOURS
<b>DISPUTE THOUGHTS &amp; BELIEFS</b>			
<b>DEVISE NEW BEHAVIOUR</b>			

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<p align="center"><b>DISPUTE THOUGHTS &amp; BELIEFS – Do I have evidence to support this? Do I have evidence against it? What is the effect of thinking the way I do? Is there another, more realistic, way of looking at this situation?</b></p>			
<p align="center"><b>DEVISE NEW BEHAVIOUR – what new behaviour would fit the new realistic thinking, and have a better outcome for me?</b></p>			