

**CBTandFeelingGood.com** handout basic template: start journaling to build awareness and self-regulation – map the negative event or stressor that causes you upset, and how you explain the situation to yourself, and the feelings and behaviours you have in response to it. Then examine and **reframe** the thoughts and beliefs (self-talk) to be precise and rational, dial down the drama, use evidence, be rational and cool – and design new behavioural responses that will get you better outcomes. *Regulate with CBT.*

| Situation/Event | Thoughts & Beliefs | Feelings | Behaviour |
|-----------------|--------------------|----------|-----------|
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What patterns have I found? What are my 'key ideas? What have I learned?