A	B	C
Activating / Triggering Event Situation (Trigger may also be a feeling)	**Beliefs**	**Consequences**
• **What was happening just before I started to feel this way?** • What was I doing? Who was I with? Where was I? When was it?	• **Thoughts and/or Images** *What was going through my mind at that time?* • **Meanings & interpretations** *What did this say or mean about me?* *What was the worst thing that could happen?*	• **Emotions** Describe as in one word/s & rate intensity 0-100% • **Physical sensations** *What did I feel in my body?* • **Behaviours: actions & urges** *What did I do?* *What did I feel like doing?*