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