

Thoughts, feelings and behaviours

Notice the pattern • create space • explore another response



Start with one specific moment. Complete the first sections as honestly as you can, then use the alternatives to explore what might be more helpful - not what you "should" have done.

1. The situation

What happened? When and where was I? Who was present? What did I notice first?

2. Thoughts, images or meanings

What went through my mind? Was there a memory, image, prediction or self-judgement? What did I fear this situation meant about me, another person or what might happen next?

3. Feelings and body sensations

Which emotions were present? How intense were they (0-100%)?
What did I notice in my body, and where?

4. Behaviours and urges

What did I do, avoid or put off? What was my automatic response?
What did I feel pulled towards doing?

5. Explore another way

Alternative thoughts or images

What else could be true? Fact or interpretation? What is the wider picture?
What would I say to somebody I care about?

Alternative feelings

If I held the situation differently, what feeling might become possible alongside the original emotion?

Alternative behaviours

What response would be kinder, safer or more effective for me, for others and for the situation?

6. My most helpful next step

What is one small action I can take now, later or with support? What would help me respond rather than react?
