

Situation

What happened (the facts)?
When was it?
Where was I?

EXAMPLE
Saw Bella in town this morning & she crossed the street without saying hello.



Feelings

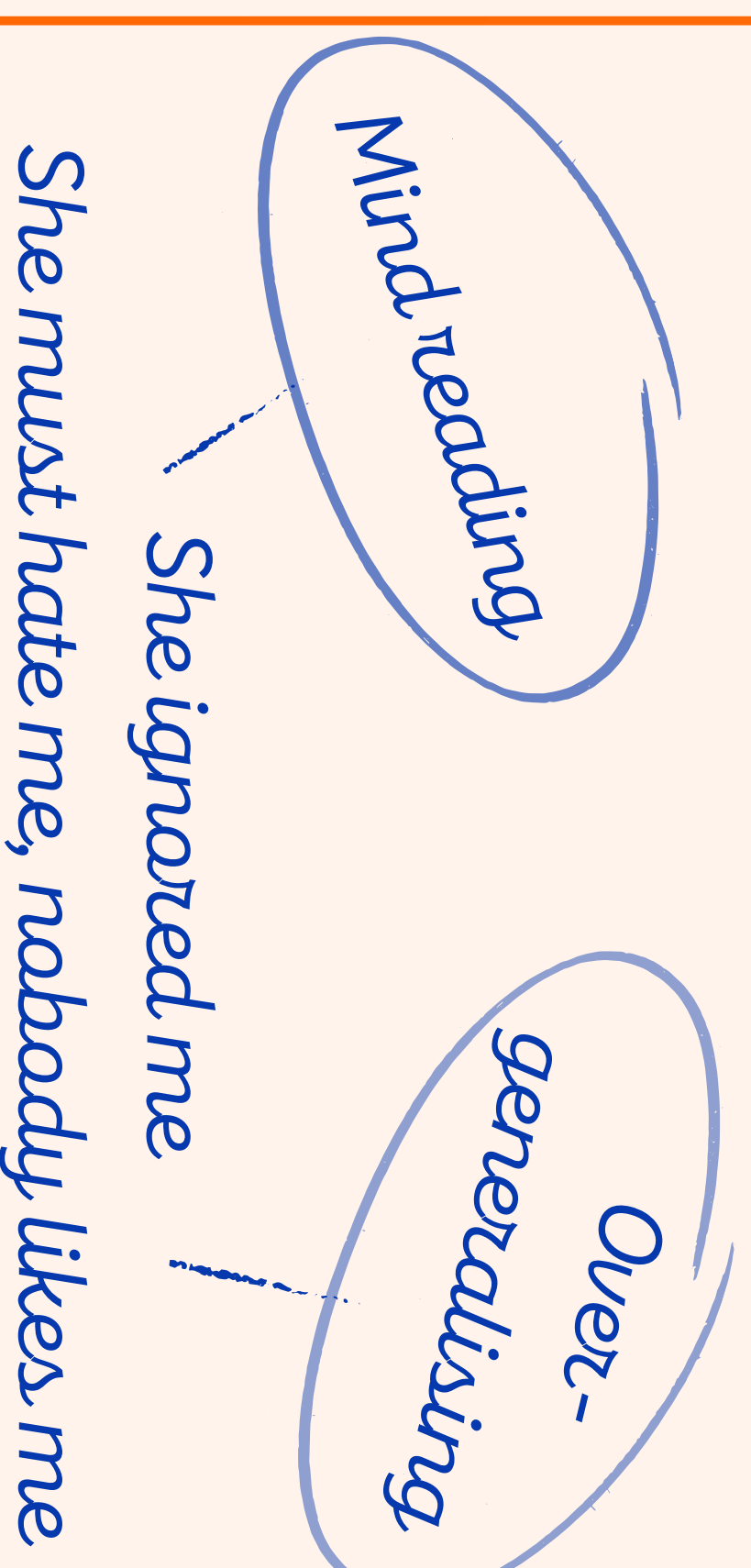
How was I feeling at the time?
How am I feeling as I'm thinking about it now?
How strong is the feeling (as a percentage)?

I was angry (70%)
I'm now just sad (80%)



Thoughts

What was going through my mind at the time (any images, words or phrases)?
What thoughts am I having now about what happened?



Cognitive Restructuring

Any different ways of thinking about this (especially ones that could be more helpful)?

She might have just not noticed me (she was on her phone at the time)

Tip:

Can I circle any thinking traps (cards 8-9)?