Behaviours
What do I do? What don’t I do? What do I need to do less of, or stop?

What do I need to do more of, or start?

Life Situation & Experiences
Past

Current

Name of Person or Problem

Emotions
What emotion/s do I feel when I’m distressed? What else?

Body symptoms
What sensations do I feel in my body? What’s the worst thing?

Thoughts & Images
What thoughts go through my mind? What keeps popping up? What meaning do I give situations? What pictures do I see in my mind?

www.get.gg
Carol Vivyan 2010, adapted from Cole, Macdonald, Carus, Howden-Leach 2005

www.getselfhelp.co.uk