THOUGHTS & IMAGES
What did I think or imagine at that time? What went through my mind?
What did that say or mean about me or the situation?

FEELINGS
Emotions / Moods
What emotion did I feel at the time? How intense was that feeling? (0-100%)

Physical / Body sensations
What did I notice in my body? What did I feel? Where did I feel it?

BEHAVIOURS
What did I do at that time? What did I avoid doing? What was my automatic response? What would a fly on the wall have seen me do?

SITUATION
When? Where? What? Who with?