

**SITUATION:** \_\_\_\_\_

Where were you? What happened? Who were you with? When did it happen?

<b><u>THOUGHTS</u></b> What were you thinking? What were you saying to yourself? What was going through your mind? What were you seeing? Imagining? Were you remembering anything?	<b><u>FEELINGS</u></b> What were you feeling? Rate from 1-100	<b><u>BEHAVIOURS</u></b> What did you do? What did you say? How did you say it?	<b><u>CONSEQUENCES</u></b> What happened as a result of your actions? How did you feel? What did you think? What happened in your body? How did others
	<b><u>PHYSICAL SENSATIONS</u></b> What was happening in your body?		