

## A PROCESS to CHANGE your automatic THOUGHTS

Situation	Trigger	Emotions and Physical Sensations	Automatic Thoughts	Memories	Beliefs	More realistic and balanced perspective
<p><i>What was happening just before I started to feel this way? What was I doing? Who was I with? Where was I? When was it?</i></p>	<p><i>What was the exact moment I felt something? What happened? What did it feel like? Have I felt this before?</i></p>	<p><i>Name the emotion you felt (if there was more than one, write them all out) and rate the intensity of it from (low) 0-10 (high). Did I feel it in my body?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i></p>	<p><i>Are there any memories that I can think of where I have felt this way?</i></p>	<p><i>What core beliefs could this be re-triggering for me? Can I replace this belief?</i></p>	<p><i>What other views of the situation are possible? What would be a more balanced perspective?</i></p>