<table>
<thead>
<tr>
<th>Situation / Trigger</th>
<th>Feelings / Emotions – (Rate 0 – 100%)</th>
<th>Unhelpful Thoughts / Images</th>
<th>Facts that support the unhelpful thought</th>
<th>Facts that provide evidence against the unhelpful thought</th>
<th>Alternative, more realistic and balanced perspective</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
<td></td>
<td></td>
<td>Re-rate emotion</td>
</tr>
</tbody>
</table>

What emotion did I feel at that time? What else? How intense was it?  
What did I notice in my body? Where did I feel it?  
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?  
What are the facts? What facts do I have that the unhelpful thought/s are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?  
What facts do I have that the unhelpful thought/s are totally true? Is it possible that this is opinion, rather than fact? What have others said about this?  
STOPP! Take a breath….  
What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?  
What are the facts? What facts do I have that the unhelpful thought/s are totally true? Is it possible that this is opinion, rather than fact? What have others said about this?  
What could I do differently? What would be more effective?  
Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?  
What am I feeling now? (0-100%)