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| --- | --- | --- | --- |
| **A**ctivating event | **B**eliefs (automatic thoughts) | **C**onsequences (emotional/behavioural) | **D**efusion/dispute |
|  |  |  |  |
| The situation you were in when you began to feel upset, anxious or distressed, who was there, when, what was happening. | What did the situation mean to you? What thoughts and images were going through your mind? | How did you feel? What physiological signs did you have e.g. butterflies? What did you do or not do? | What could you think instead, what would you say to a friend, or them to you if you asked? What could help you relax and cope right now? How have you coped before? |