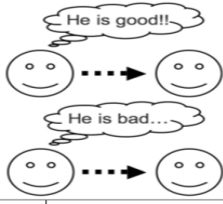


**Thought/Feeling/Behaviour Form – *How do we communicate/see others behaviour?***

<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2; padding-left: 10px;"> <p><b>Situation (Who? Issue? What are they doing to you? What is their behaviour?)</b></p> </div> </div>		
<p><b>Thinking / Beliefs (how are you interpreting it? What are they doing <u>wrong</u>? What does it mean?)</b></p>		
<p><b>Feelings:</b></p>	<p><b>Fight or Flight Symptoms:</b></p>	<p><b>Behaviour:</b></p>
<p><b>EXAMINE, CHALLENGE, DISPUTE: Where is the evidence? Is there evidence against? Are there other possibilities? Am I using one of my unhelpful thinking habits? Am I doing 'must' and 'should'? Would I think differently if everything was wonderful in my life? Did I behave in a self sabotaging way? Is there an alternative way of looking at this situation (what is it <i>more true</i> to say)? :</b></p>		
<p><b>New healthy appropriate / evidence based alternative thinking, that keeps you cool &amp; gets you where you want to go:</b></p>		