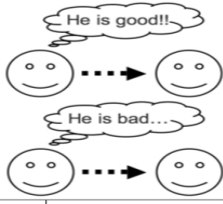


Thought/Feeling/Behaviour Form – *How do we communicate/see others behaviour?*

<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2; padding-left: 10px;"> <p>Situation (Who? Issue? What are they doing to you? What is their behaviour?)</p> </div> </div>		
<p>Thinking / Beliefs (how are you interpreting it? What are they doing <u>wrong</u>? What does it mean?)</p>		
<p>Feelings:</p>	<p>Fight or Flight Symptoms:</p>	<p>Behaviour:</p>
<p>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)? :</p>		
<p>New healthy appropriate / evidence based alternative thinking, that keeps you cool & gets you where you want to go:</p>		