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

He is good!! Situation	(Who? Issue? What are they doing to you	? What is their behaviour?)
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He is bad		
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Thinking / Beliefs (how are you interpreting it? What are they doing wrong? What does it mean?)		
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	✓ ↓	_
Feelings:	Fight or Flight Symptoms:	Behaviour:
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 more true to say)?:		
N. I. W		
New healthy appropriate / evidence based alternative thinking, that keeps you cool & gets you where you want to go:		