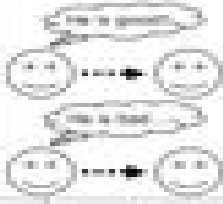


Thought/Feeling/Behaviour Form – How do we communicate/see others behaviour?



Situation: (What? How? What are they doing to you? What is their behaviour?)

Thinking: (Beliefs (how are you interpreting it? What are they doing anyway? What does it mean?))

↙

↓

↘

Feelings	Flight or Flight Symptoms	Behaviours

IS ANOTHER, or MORE, or BOTH, possible? (E.g. "Where is the evidence?" & "Does evidence agree?" Are there other possibilities? Am I using one of my "cognitive thinking skills?" Is it being "used" and abused? "Would I think differently if everything was conducted in my BA?" What I believe is a well-validated tool." Is there an alternative way of looking at this situation (what is it more like to me?)")

How realistic appropriate / evidence based alternative thinking, that helps you deal & get on with others you want to get