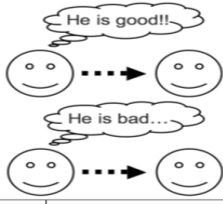


Thought/Feeling/Behaviour Form – How do we communicate/see others behaviour?

 <p style="text-align: center;">Situation (Who? Issue? What are they doing to you? What is their behaviour?)</p>		
<p style="text-align: center;">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 style="text-align: center;">New healthy appropriate / evidence based alternative thinking, that keeps you cool & gets you where you want to go:</p>		