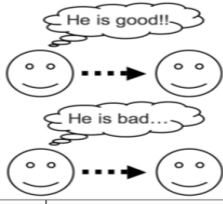


**Thought/Feeling/Behaviour Form – How do we communicate/see others behaviour?**

 <p style="text-align: center;"><b>Situation (Who? Issue? What are they doing to you? What is their behaviour?)</b></p>		
<p style="text-align: center;"><b>Thinking / Beliefs (how are you interpreting it? What are they doing <u>wrong</u>? What does it mean?)</b></p>		
<p style="text-align: center;"><b>Feelings:</b></p>	<p style="text-align: center;"><b>Fight or Flight Symptoms:</b></p>	<p style="text-align: center;"><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 style="text-align: center;"><b>New healthy appropriate / evidence based alternative thinking, that keeps you cool &amp; gets you where you want to go:</b></p>		