

WEEK 6 FOLLOW-UP ACTIVITIES: THOUGHTS / EMOTIONS / PHYSICAL SENSATIONS / ACTIONS

1

Vulnerability Factors: Conditions before the prompting event which made me more vulnerable e.g. lack of sleep, hunger, difficult experiences which the prompting event reminded me of.

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2

Prompting Event:
Event which caused me to feel upset, stressed or overwhelmed.

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3

This cycle was set in motion...

THOUGHTS
(INTERPRETATION/S OF EVENT)

EMOTIONS

PHYSICAL SENSATIONS

MAIN:

SECONDARY:

ACTION URGES

4

Skill/s I could use to interrupt the cycle (or which I could try next time).

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