|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Situation | Feeling | Distressing thought | Take a  Moment | Alternative perspective | How do you feel now? |
| **Without judgment, what’s going on?**  Describe the situation in detail. What happened? Where were you? Who was involved? What are you doing (or avoiding)? | **What emotions are you experiencing?**  Rate the intensity of each emotion (0-100%)  Where do you feel this in your body? | **What is the thought or image that is causing distress?**  Why is this upsetting you?  What does this thought say about you, others, or the future? | **Pause** 🧘,  **Take**  **slow,**  **deep**  **breaths**  **Remind yourself:**  “***Thoughts are not facts”*** | **Challenge the thought with curiosity:**  Is there evidence that this thought might not be entirely correct?  Are you focusing on the **worst-case scenario**?  Is there a more balanced or helpful way to see this?  If a friend were struggling with this, what would you say to them?  What strengths, experiences, or resources show that you can manage this? | **How do you feel now?**  Have your emotions shifted?  Without judgment, what have you learned from this?  Is there a small action you can take to move forward? |