|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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? |