


<p>ACTIVATING EVENT:</p> <p>Describe a situation that is upsetting to you or triggers a negative reaction to you.</p>		<p>SCALE THIS EVENT: On a scale of 1 to 10 how bad was this:</p>
<p>BEHAVIOR: What did you do?</p>	<p>What do you usually do in this kind of situation?</p>	<p>What would you have done if you could have done anything at all?</p>
<p> BUTTON PUSHED:</p>	<p>Acceptance Caring Committment</p>	<p>Control Integrity Recognition</p>
<p>CONSCIOUS REACTIONS: <u>FEELINGS:</u> Use the Emotional pain word sheet to label all the emotions you felt. (pg 45)</p> <p><u>THOUGHTS:</u> What negative thoughts <i>about the situation</i> went through your head? “here we go again” “things will never change” etc.</p>	<p>Write out the emotions you felt.</p>	
<p>DISTORTED BELIEFS: Underlying deceptions and lies you believed about yourself and what deserve? Stupid,unloveable,unimportant, not enough,don't matter, not good enough</p>	<p>LIES ABOUT MYSELF:</p>	<p>“This is what you get” messages:</p>
<p>EDIT THE ERRORS: God show me the TRUTH. How do You see me?</p>	<p>What is the truth of the situation?</p>	<p>God, how do You see “this person” that offended me?</p>