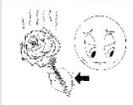
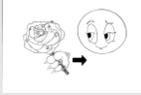
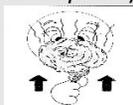


Today's Date: \_\_\_\_\_

TRIALS <sup>1</sup>	Your Responses
<p><b><u>T</u>riggering Event(s):</b></p> <p>What happened that triggered a Self-Defeating Behavior (see "S" below)*?</p>	<p>One-sentence description of what triggered the problem you had today*.</p> <p>Think carefully about what was happening before this trigger: Was anything making you vulnerable? (<i>Not Sleeping Well?, Overscheduled?, Substance Use? Tired? Stressed Out; In Pain?; Social Conflict or Loneliness; Etc....</i>). If so, describe:</p>
<p><b><u>R</u>eaction:</b></p> <p>Painful or pleasurable SIFT that triggered an impulse (see "I" below). Not all SIFT may apply, but circle the one that was strongest; the SIFT that created the strongest pull towards "I".</p>	<p><b><u>S</u>ensations in your body</b> (<i>Increased heart rate, Emptiness in stomach, Clenched fists</i>):</p> <p><b><u>I</u>magines or Memories</b> ("Pictures" in your head related to the past and/or future):</p> <p><b><u>F</u>eelings</b> (<i>Sad, Anxious, Hurt, Frustrated, Excited....</i>):</p> <p><b><u>T</u>houghts / Judgments</b> ("<i>How could she?</i>"; "<i>I'm horrible!</i>"; "<i>Not again!</i>"; "<i>This is great!</i>")</p>
<p><b><u>I</u>mpulse(s):</b></p> <p>What was your immediate, "need-jerk" impulse(s)? Even if you didn't do it, what did you <u>want</u> to do? Look at "S" for hints. (<i>Acting In or Out? then possibly Fusion; Escaping? then possibly Avoidance</i>)</p>	<p><b><u>A</u>voidance:</b> _____ (<i>How did you want to "push away" pain?</i>)</p>  <p><b><u>C</u>raving:</b> _____ (<i>How did you want to "grasp" at pleasure?</i>)</p>  <p><b><u>F</u>usion:</b> _____ (<i>How did you get "lost" or "stuck" in pain?</i>)</p>  <p>Circle one or more emotional need(s) you were trying to fill with the impulse (if needed, see chapter 3): <b><i>Safety Belonging Independence Competency</i></b></p>

\***Hint:** It may help to start with "S" and "L" below (even if the S is relatively small) and then go back to T.

<p><b><u>A</u>utomatic Control Strategies:</b></p> <p>Early “life lessons” you learned about what should be done in response to “T”, “R” and/or “I” (see above). These are usually “if...then...” statements with the word “should.”</p>	<p>How did you avoid / judge yourself, others or the situation? For example, “If ____ (T, R, or I) then I / others should ____ (e.g. , ..try not to think about it”, ...tell myself it’s no big deal”; ...recount my many faults”; ...be punished”)</p> <ul style="list-style-type: none"> <li>• “If _____, then I (or others) should _____.”</li> <li>• “If _____, then I (or others) should _____.”</li> </ul> <p>[Optional] At one time, such “If...then...” statements may have helped. How did these control strategies help when you were younger? How do they get in the way now? (Think of your POWs)</p>
<p><b><u>S</u>elf-Lie(s):</b></p> <p>How did you rationalize what you did next (see “S” below)?</p>	<ul style="list-style-type: none"> <li>• _____ Yes/ No</li> <li>• _____ Yes/ No</li> </ul> <p>Did you realize it was a Self-Lie at the time? Circle yes or no. (If the same No keeps getting circled, see chapter 4 for review.) Remember self-lies usually: (a) justify our Impulses; or (b) “fix” the conflict between “I” and “A.”</p>
<p><b><u>S</u>elf-Defeating Behavior(s):</b></p> <p>What did you actually do or say? How might such behaviors get in the way of your POWs (<u>P</u>inciples, long-term <u>O</u>utcomes, and/or <u>W</u>hat works)?</p>	<p><u>Escaping</u> (<i>Changing the subject; Leaving prematurely; Numbing out; Minimizing</i>):</p> <p><u>Clinging</u> (<i>Replaying your desire; “Coasting” along or passively allow things to happen; Giving in to the desire without really thinking about it first</i>):</p> <p><u>Acting Out</u> (<i>Overreacting or ‘swatting flies with cannon balls’; Overcompensating or working harder; Trying to control everything or everyone</i>):</p> <p><u>Acting In</u> (<i>Passively withdrawing in shame; Shutting down; Rehearsing pain in an unhelpful, repetitive way</i>):</p>

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