

Acknowledge

Process

Give a brief example of what happened:

How did you feel? Primary & Secondary Emotion:

Have you had a similar situation occur in the past, if so describe briefly:

What are your beliefs about this situation?

Does your belief in the situation remind you of a pattern of beliefs?

What work do you need to do to disrupt the pattern?

What are you able to control in the situation?

Name one way in which the incident is not about you, (Depersonalize):

Accept

My new thought is:

What did you learn? Why did you learn the lesson in this way?
