

Check one:  **PASSIVE:** Flight/withdrawal posture. Probably feel it is your fault. Low energy  
 **AGGRESSIVE:** Active fight posture. Probably feel it is not your fault. High energy

<b>2. ACTIVITY</b>		<b>3. MIND SPACE</b>	<b>4. INTENSITY</b> +/-10	<b>5. CATEGORY</b> FL J RP RL	<b>6. TIME (circle)</b> CE PE EE IE FE	<b>1. DATE</b>	<b>BOOK</b>	<b>EVENT #</b>
<b>7. TYPE OF EVENT (Trigger)</b>		<b>8. PERCEIVED THREAT</b>		<b>9. FIRST RESPONSE (Aggressive/Withdrawn)</b>			<b>5 CATEGORY</b> FL face loss J judgment RP real problem RL real loss	
<b>10. SELF-STATEMENTS</b>				<b>11. EMOTIONS (Feelings)</b>		<b>6. TIME</b> CE current event IE imagined event PE past event FE future event (scheduled)		
				<b>12. BODY EXPERIENCE</b>		EE expected event (assumed/anticipated/feared)		

**13. VERY BRIEF DESCRIPTION OF THE EVENT, PEOPLE INVOLVED & RELEVANT CIRCUMSTANCES**

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**14. REBUTTAL:** Probable consequences (of the event & your responses, actual & contemplated): Can they be coped with? How? Identify mistakes in thinking, assumptions & expectations. Create images of better, non-punitive ways to get what's wanted or to give it up if necessary. Change your behavior in the event, not the circumstances of the event (use blank page as needed)

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<b>15. COUNT OF SIMILAR EVENTS</b>	<b>EVENT #</b>	<b>PAGE #</b>
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**16. WHAT IS WANTED IN THE SITUATION, & BY EACH OF THE OTHERS INVOLVED** \_\_\_\_\_

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**17. WHAT IS TO BE DONE. DESCRIBE AVAILABLE OPTIONS & POSSIBLE CONSEQUENCES OF EACH COURSE OF ACTION.**

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**18. DESCRIBE EACH IMAGE OF YOURSELF RESPONDING DIFFERENTLY IN THE SITUATION & POSSIBLE OUTCOMES OF EACH.**

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