

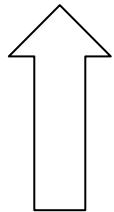


Circumstances

Can Trigger



Thoughts



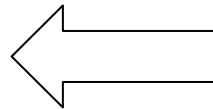
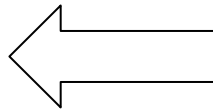
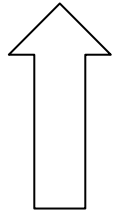
Cause

Feelings

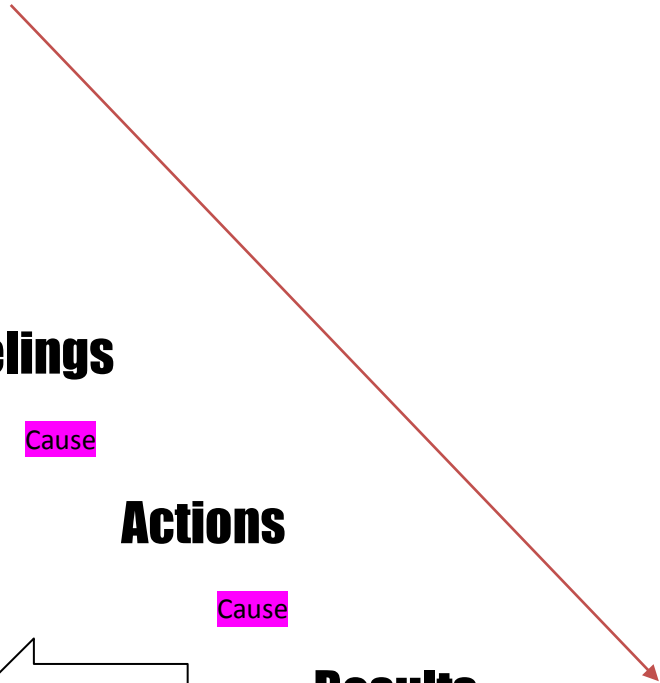
Cause

Actions

Cause



Results





Tracing Your Triggers

What is the circumstance?

What thought does the circumstance trigger?

What do you feel when you think this thought?

How do you act when you feel this way?

What is the result of this action?

How does the result prove the original thought?



Reframing Circumstances

What is the circumstance?

What are some ways this situation could actually be serving you?

What is a better feeling thought to choose concerning this circumstance?

What do you feel when you think this thought?

How do you act when you feel this way?

What is the result of this action?
