

What is the situation? (The trigger)	What emotions do I have? How intense are they?	What unhelpful thoughts am I having?	What facts do I have that support the unhelpful thought?	What facts do I have that oppose/contradict the unhelpful thought?	What is an alternative more helpful thought or view I could have?	How do I feel now? How intense do my emotions feel now?
		<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>			<p>What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</p>	

