

S **SITUATION** Briefly describe what happened that preceded your emotion at **E**.

T **THOUGHT** The idea, thought or belief that passed through your mind *about* the situation.

E **EMOTION** (*Fill out this part First*) What you felt as the situation unfolded, e.g., anxious, guilty, angry, depressed, hurt, resentful, etc.

P **PROOF** Provide evidence that **T** is accurate and true. Challenge unsupported, inaccurate, false or overgeneralized parts of T and write out sane, rational, sensible alternatives to the false ideas.

Describe (1) what you did, your behavior, immediately after the feeling at **E**, e.g., withdrew, lied, blew up, sulked, ran away, got high, etc. What (2) could you do differently next time?

1)

2)

On a scale of 0 to 100, zero being calm and 100 being totally upset, rate by giving a number the degree of discomfort you experienced before you began to fill out this form and rate the degree of upset you have when finished.

BEFORE_____

AFTER_____