

UNDERSTANDING PATTERNS

Context	<p>What were you doing? Where were you. What was happening around you? What were you reacting to (triggers)?</p>	
	<p>Emotions (Name the emotions that you were feeling)</p>	
Reaction	<p>Thoughts (What came into your mind?)</p>	
	<p>Physical Sensations (What physical sensations were you experiencing?)</p>	
	<p>Action Urges (What did you feel like doing even if you did not do it?)</p>	
	<p>Behaviours (What did you actually do?)</p>	
	<p>What happened next?</p>	
Consequences	<p>What did you want to happen?</p>	