

Can we look at this together, to help me make sense of this?

Do you think that sounds like the (Core Beliefs / Assumptions) we've looked at before?
Can you see how this way of seeing things might relate to what was happening?
What would someone else think?
Is there another way of looking at this?

Situation
What, When, Where, Who, How
Can you describe what was happening with you at that time?

Is this a typical example of what happens?
Can you think of other times when it happens?

Are there times that are different – a similar situation when you thought or felt differently?

Thoughts
What was going through your mind at the time / just before?

Images?

HOT thoughts – belief rating

Thinking Errors?

3 levels of Cognitions – relate to formulation

Biology

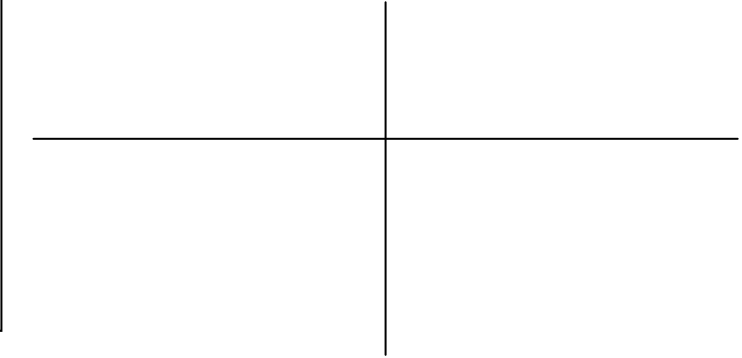
What was happening in your body at that time?

Moods/Feelings

Check intensity

Did you feel anything else at that time?

How does it feel when you talk about it now?



Make the links – Behaviours reinforce Emotions & Thoughts

Behaviour

Withdrawal, Avoidance, Safety/Coping
(thought suppression, imagery, distraction)

If I was a fly on the wall, what would I have seen?

SHOW: Have I got this right?
Is there anything that doesn't make sense?