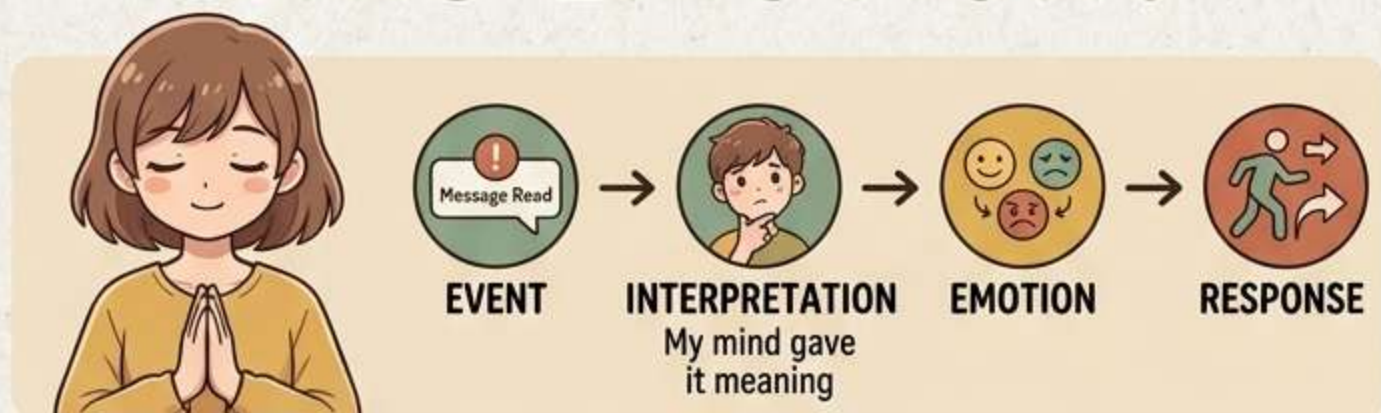


WHAT TRIGGERED THIS EMOTION?



1. WHAT HAPPENED? (The Event)

Observed fact, without adding meaning.

(e.g., Friend left message on read.)

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2. MY INTERPRETATION (My Story)

The assumption or story my mind told me.

(e.g., They are annoyed with me.)

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3. WHAT EMOTION FOLLOWED? (My Feeling)



What feeling did I notice?

(e.g., worry, rejection)

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4. HOW DID I RESPOND? (My Action)

What I did, avoided, or felt tempted to do.

(e.g., check phone repeatedly)

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5. WHAT ELSE COULD BE TRUE? (Alternative Views)



Other reasonable explanations exist.

(e.g., friend is busy, asleep, distracted)

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