

Situation-Thoughts-Feeling-Behaviour Sheet

Part 1: Situation What was the initial situation? With whom was I? Where was I? What happened? Choose one moment where your feelings were most sensitive. Describe what actually happened.	Thoughts What were my automatic thoughts? Choose your main core idea. How strongly do you believe in this core idea? (0-100%)	Feelings What did you feel at that particular moment? (angry, blissed, sad, scared). How strong was this feeling? (0-100%).	Behavior What was my action?	Consequences What are the short-term and long-term consequences of this behavior?	Part 2: The challenge Are these thoughts correct? What proof is there for or against them? Can I see them in a different perspective? Is it realistic or supportive to think this way?	New thoughts Formulate more realistic and supportive thoughts	New behavior Formulate a more supportive/helping behavior. How would you prefer to react?