

Situation Who were you with? Emotions & body sensations
What were you doing? Where were you? When did it happen?

Example

Watching the news for the second hour in a row.

What did you feel? (Rate intensity 0–100%)

Example

Feelings of anxiety and an increasing sensation of panic.

Automatic thought What went through your mind? (Thoughts, images, or memories)

Example

This is terrible. So many people could die. What's going to happen to me and my family?

(If you had an image or memory, what did it mean to you?)

Compassionate response
What would a truly self-compassionate response be to your negative thought?

Example

It's understandable that you're worried - it would be unusual not to be. What's the best thing that you can do for yourself to feel better right now? Maybe you could watch a comedy instead of the news, or get up and do something else.

(Try to respond to yourself with the compassionate qualities of wisdom, strength, warmth, kindness, and non-judgement. • What would my best friend say to me? • What would a truly compassionate being say to me? • What tone of voice would I need to be talked to in order to feel reassured?)