

The Situation	Beliefs	Alternative thoughts and actions
Describe the situation	What beliefs and thought fallacies lie behind	How can you think and act differently, which will produce a better result
What happened?  What were the triggers? What did you think? What did you feel? In which similar situations do you experience the same reaction?	What are your beliefs about yourself and others that triggered the reaction?  Which thought fallacies were involved? What objectively supports your reaction? What objectively goes against your reaction?	Go through the thought fallacies one by one, to see how you can counter it Which reaction would be more appropriate and useful in this situation?