



Trigger:

YOU ARE ALONE IN THE HOUSE AT NIGHT AND ABOUT TO FALL ASLEEP, WHEN YOU HEAR A LOUD NOISE COMING FROM SOMEWHERE DOWNSTAIRS!

Thought:

Feeling:

Behaviour:

1.

2.

3.

4.



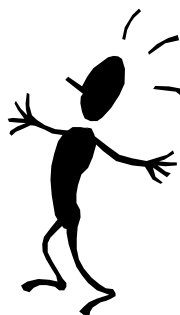
Looking For Triggers:

- Think about the behaviour that got you into trouble.
- What were the thoughts and feelings that came before the behaviour?



MY THOUGHTS:

-
-
-
-
-
-



MY FEELINGS:

-
-
-
-
-
-

I THINK THESE THINGS MAY HAVE TRIGGERED MY BEHAVIOUR:

-
-
-
-