Thought:  Feeling:  Behaviour:

1. 
2. 
3. 
4. 

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

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

I THINK THESE THINGS MAY HAVE TRIGGERED MY BEHAVIOUR:

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MY THOUGHTS:  

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MY FEELINGS:  

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