	Situation Where? When? Who with? What happened? How?				Padesky 5 Aspects. 1986
	Thoughts & Images What went through my mind at that time? What disturbed me? If I had those thoughts/images/memories – what did that say or mean about me or the situation?				
Body / Physical sensation What did I notice in my body? What did I feel? I feel it?	S Where did			What e	Moods / Emotions emotion did I feel at that time? What else? w intense was that feeling? (0 – 100%)
	Behaviours / What I did or didn't do What helped me cope and get through it? What didn't I do or what did I avoid doing? What automatic reactions did I have? What would other people have seen me doing?				
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