

HOT CROSS BUN

Situation:

Thoughts/
Images

What images are you seeing, or what thoughts are going through your mind

What is happening in your body right now?

Sensations/
Physical

How would you label this feeling right now?

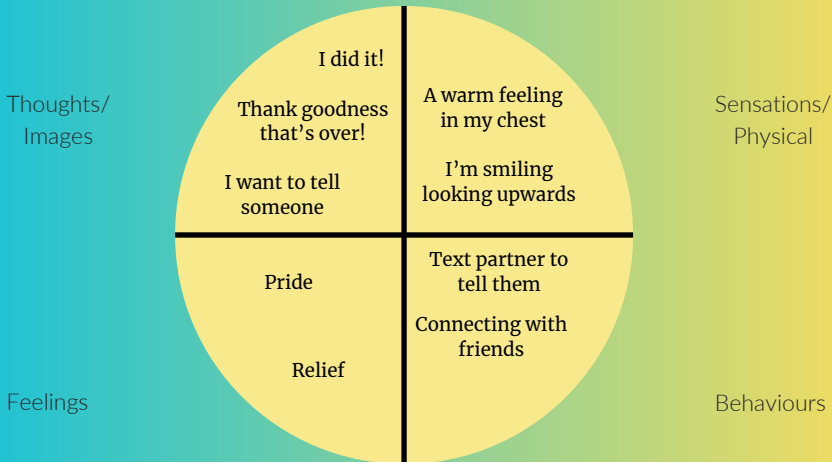
What are you doing?

Feelings

Behaviours

HOT CROSS BUN

Situation: Receiving a certificate for a completed course



HOT CROSS BUN

Situation: An annoying request from your boss / manager

Thoughts/
Images

I wish I could
just say no

Why do they
always seem to want
something when I
am about to leave?

Pain at side
of my head

Churning feeling
in the gut

Clenching in my jaw

Sensations/
Physical

Annoyed

Irritated

Fidgeting in my seat

Smile and say "No
Problem"

Start ruminating
on what I
wish I
had said

Feelings

Behaviours

HOT CROSS BUN

Situation:

Thoughts/
Images

Sensations/
Physical

Feelings

Behaviours

