

Post-mortem

Date (time): _____

What is my **G**oal for this situation in the future? _____

Activators

Prior State
What state were you in before the triggering event?

Situation
What happened?

Beliefs

Unhelpful
What **were** you thinking (thoughts, memories) that may have made things worse?

Helpful
What **weren't** you thinking about that might have kept things in check?

Consequences

Sensations, Urges, Cravings, etc.
What happened in your body?

Emotions
What were you feeling **or** suppressing?

Script/Rules
What script did I follow (e.g., when I'm angry at X, I'm supposed to Y because Z)?

Do

Mental Behavior
Was I willing or not? Self in relation?

Motor Behavior
What did you do/display?

Effects

Effect
What were the effects of my behavior on my goal(s), other people, the current situation, and the future?

Future

Crisis Management
What could I do once I'm in the situation?

Prevention Planning
What can I do in advance/regularly to increase helpful behaviors and reduce self-defeating behaviors (this may include steps to: prevent becoming activated in the first place, prime rational beliefs, goals, or values, reduce experiential avoidance, automate/overlearn adaptive behaviors, or prevent high-risk situations from arising)?