

Post-mortem

Date (time): _____

What is my goal for this situation in the future? _____

Activators

Prior State
What state was I in before the triggering event?

Situation
What happened?

Beliefs

Unhelpful/Irrational
What was I believing that may have been unhelpful?

Helpful/Rational
What wasn't I believing or bringing to mind that might have helped?

Consequence

Sensations
What happened in my body?

Emotions
What was I 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

Behavior
What did I do/display?

Effects

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

Coping

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

Prevention Planning

What can I do in advance or regularly to prevent becoming activated?