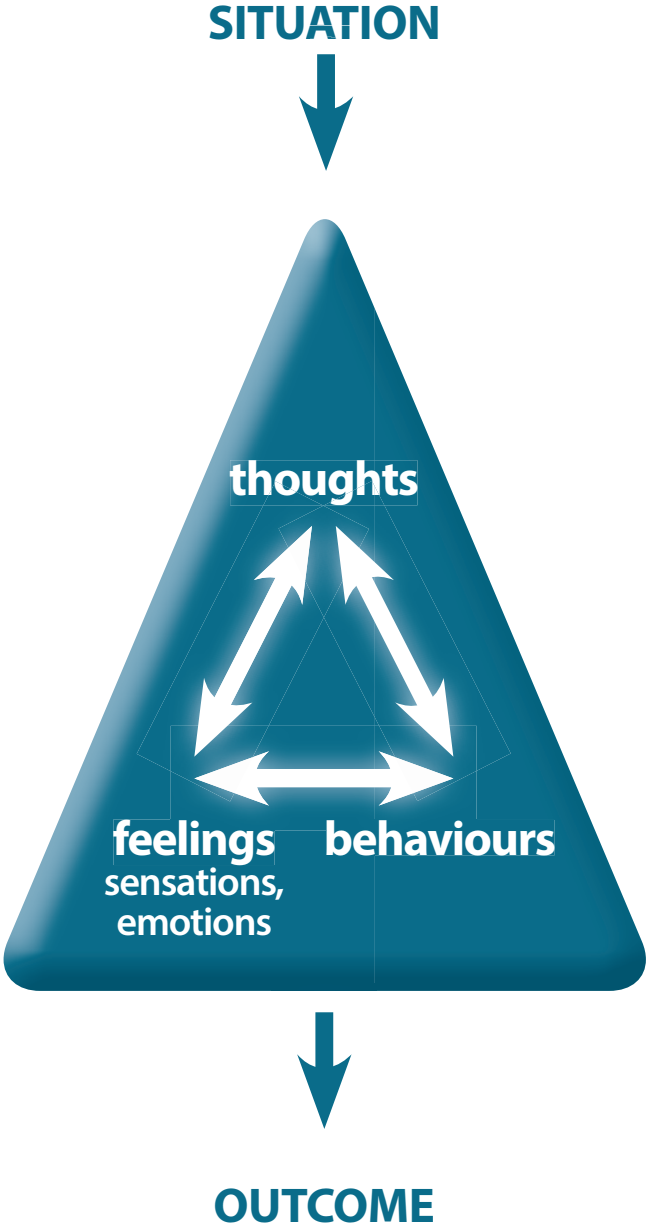




Chapter 1 Home Practice








Practice Table: Notice the Triangle of Experience

Practice noticing the **Triangle of Experience** in some everyday situations. Notice the *thoughts* that come up, the *feelings* (both emotions and bodily sensations), and the *behaviours* that followed (what you did). Also, reflect on the *outcome*, perhaps noticing if it represents a **RESPOND** or **REACT** pathway. Choose very specific situations, such as, "On Tuesday at 5pm, when I arrived home, I couldn't find my keys." Start with low-key, everyday situations.



SITUATION	THOUGHTS Sentences, Images, Memories	FEELINGS Sensations, Emotions	BEHAVIOURS	AFTER-EFFECTS/ OUTCOME
What happened? When? Where? Who? What?	What was going through your mind?	What sensations were strong in your body? What feelings came up?	What did you do? What could others see if they were watching you?	What happened after? What do you notice now, while you're writing, about the outcome?
Monday night. Going to class. 10 minutes late.	"Oh no! Everyone is going to think I'm incompetent!" "Why can't I get it together?"	Heart pounding Flushed face Frustrated Embarrassed	Gave up, turned around. Rushed during commute. Irritable with others in my way.	I feel mad at myself for missing the session. I was irritable with my family.
While I was talking about something that's important to me, my friend interrupted with something unrelated.	"They don't care about me!" "They find me boring." "What happens in my life isn't that important. Maybe I don't need to share."	Agitation Furrowed brow Angry Sad Lonely	Cancelled plans. Complained to a different friend about what happened.	Couldn't fall asleep. Mind was racing.

Chapter 1: CBT BASICS

SITUATION 	THOUGHTS Sentences, Images, Memories 	FEELINGS Sensations, Emotions 	BEHAVIOURS 	AFTER-EFFECTS/ OUTCOME 
What happened? When? Where? Who? What?	What was going through your mind?	What sensations were strong in your body? What feelings came up?	What did you do? What could others see if they were watching you?	What happened after? What do you notice now (while you're writing) about the outcome?

Chapter 1: CBT BASICS

SITUATION/ ↓	THOUGHTS Sentences, Images, Memories ↓	FEELINGS Sensations, Emotions ↓	BEHAVIOURS ↓	AFTER-EFFECTS/ OUTCOME ↓
What happened? When? Where? Who? What? ↓	What was going through your mind? ↓	What sensations were strong in your body? What feelings came up? ↓	What did you do? What could others see if they were watching you? ↓	What happened after? What do you notice now (while you're writing) about the outcome? ↓



Practice a DIAL or Healthy Distraction Skill

What did you notice? _____



What situations lead you to experience Overheated zones on the **Dial**? Write them down here so that you can try out a **DIAL Skill** or **Healthy Distraction** when these situations occur in the future (for example, conflict with others, having to stay late at work, or feeling trapped, overtired, or hungry). _____

Mindfulness of Feelings by Naming Them

For each emotion in the left column, put a check-mark in the box on the days you notice you have these emotions. You can add other emotions too, if other words work better for you. Remember that all emotions have their place; as you complete this exercise, cultivate curiosity as best you can.



Track your emotions, without judgment, as they arise throughout the week.

	Emotions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
J O Y	Happy							
	Interested							
	Excited							
	Satisfied							
	Proud							
S A D N E S S	Sad							
	Hurt							
	Down							
	Disappointed							
	Despairing							
A N G E R	Irritated							
	Angry							
	Resentful							
	Contemptuous							
	Annoyed							
	Vengeful							
	Frustrated							
	Exasperated							
	Defensive							
	Furious							

Exercise continues on the following two pages.

Chapter 1: CBT BASICS

Track your emotions,
without judgment,
as they arise
throughout the week.

	Emotions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
F E A R	Afraid							
	Nervous							
	Anxious							
	Worried							
	Edgy							
	Dread							
	Uneasy							
S H A M E	Embarrassed							
	Humiliated							
	Sheepish							
	Self-conscious							
	Mortified							
G U I L T	Regretful							
	Guilty							
	Remorseful							

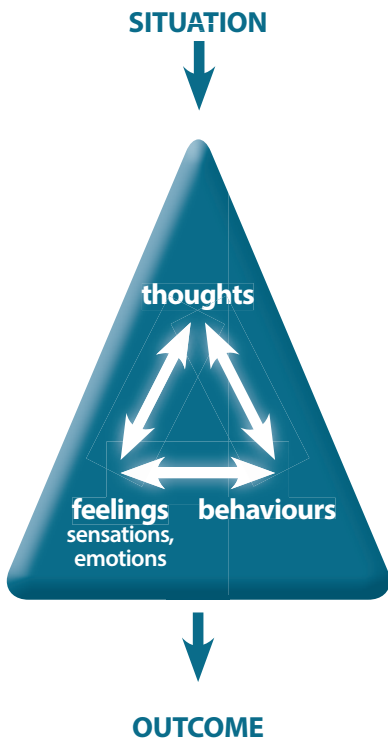
Track your emotions,
without judgment,
as they arise
throughout the week.

Chapter 1: CBT BASICS

Track your emotions, without judgment, as they arise throughout the week.

	Emotions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
O T H E R	Affectionate							
	Loving							
	Compassionate							
	Grateful							
	Confident							
	Caring							
	Disgusted							
	Envious							
	Jealous							

Notice what other emotions come up for you during this week and track them here.



6 Practice Identifying Parts of the Triangle

For each of the following, label:

T for a thought

S for a sensation

E for an emotion

B for a behaviour or urge

Examples:

 S Hot face

 E Disappointed

 T They're rejecting me

 B Lie down

 I'm late

 Sweaty

 Affectionate

 I can never get started on that task

 Warmth in chest

 Thrilled

 Impulse to hug someone

 I shouldn't get so emotional about this

 Temptation to cancel outing

 Overwhelmed

 I'm pleased with how this dish turned out

 Eating a muffin

T for a thought
S for a sensation
E for an emotion
B for a behaviour or urge

- ___ Urge to scratch
- ___ What's the point?
- ___ Annoyed
- ___ Impulse to check messages
- ___ This line up is ridiculous
- ___ Saying yes when asked to take over a job for a colleague
- ___ Telling my friend I need help
- ___ Frustration
- ___ Shaky in legs
- ___ Am I messaging them too much?
- ___ Grateful
- ___ Pit in stomach
- ___ Dread
- ___ Heart pounding
- ___ This is really hard
- ___ It is understandable that I feel this way
- ___ Ask for a meeting



Notes