

Episode of Anxiety	Situation 1	Situation 2	Situation 3
Trigger (person, place, thing, memory, etc.) Be Specific. What happened?			
Bodily Sensations of Anxiety You Felt			
Feelings and Emotions			
LOI (Level of intensity) of the Feelings and Sensations			
What did you Think? (thoughts)			
Actions (what did you do or say?)			
What was the Outcome? (the results, what happened, etc.)			
What was the Negative Belief that was Triggered			
What is your Positive Replacement Belief?			