

A: Situation Describe the events that led to your unpleasant feelings: Where were you, what were you doing, who else was there?	B: Beliefs As your mood changed what thought was in your mind?	C: Emotions What are you feeling? (sad, angry, anxious, etc). How bad do you feel? 0–100% good?	D: Adaptive Thoughts What is a more helpful way to think about this situation?	E: Outcomes Re-rate the strength of the negative beliefs and feelings now

FIGURE 7.2 A typical DTR