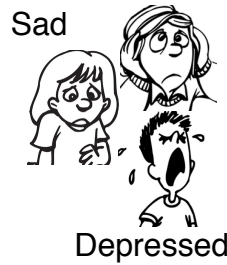
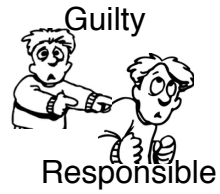


Detective Log

What Happened? _____

FEELINGS



BELIEFS

Damaged or Defective

I am a bad person
I'm so stupid
I am worthless
I am broken
I am a failure
I am a loser

Safety/Vulnerability

I am not safe
I can't trust anyone
I am still in danger
I can't protect myself
I am going to die

Responsibility

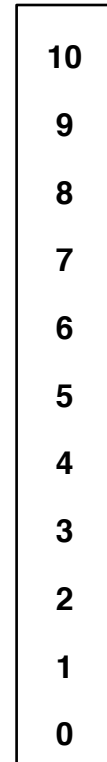
It's my fault
I did something wrong

Control/Choice

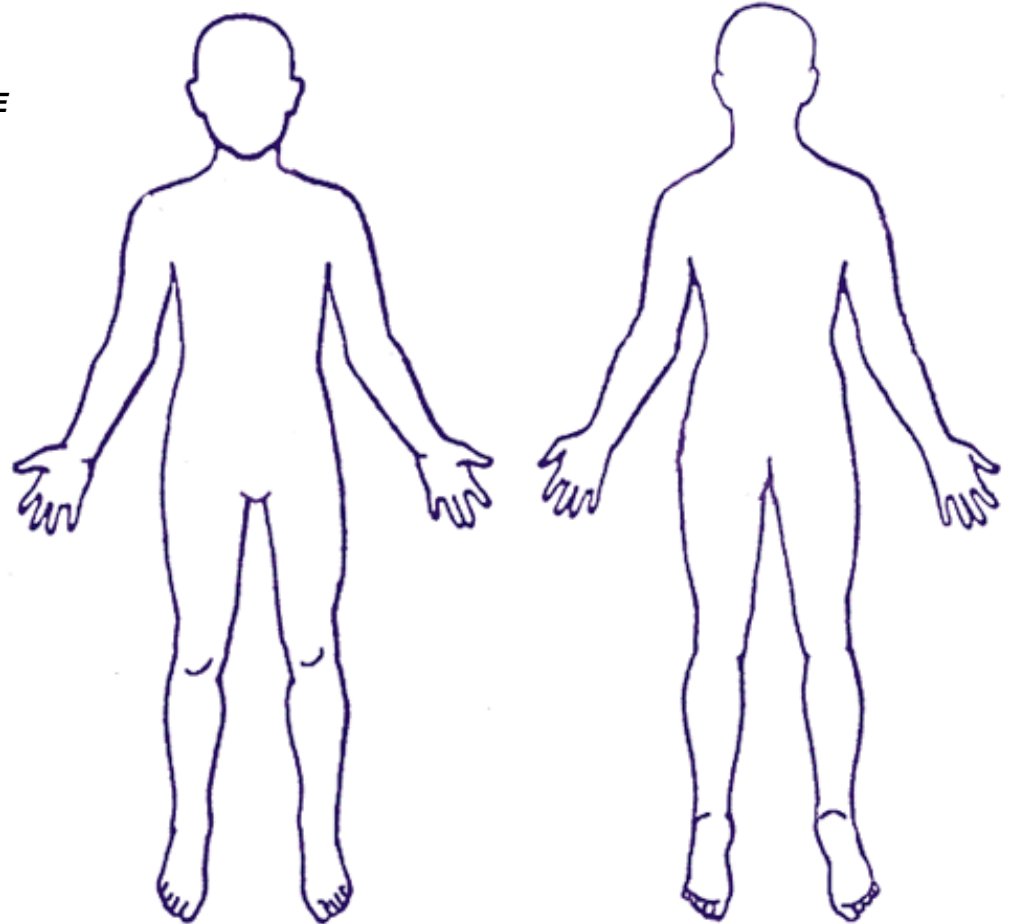
I am powerless
I am helpless
I am weak

BODY SENSATIONS

TERRIBLE



NOTHING



URGES AND ACTIONS. WHAT DO YOU WANT TO DO WHEN YOU THINK ABOUT IT??