STEP ONE
WHAT HAPPENED? WHAT UPSET YOU?

Begin to notice and be aware of what upset you. It sometimes helps to act as if you are a detective investigating the scene of the crime asking questions. For example:
When did this happen? Where were you? Who else was there? What were you doing?
What was happening before this event? How were you already feeling?
What did bystanders see or notice? Was there anyone else there that can give you more info?
As you consider all of this, what stands out as the worst part? Is there an image of this worst part?
WRITE DOWN YOUR DETAILS AND OBSERVATIONS BELOW:

HOW DO YOU NOTICE THIS ON THE INSIDE? BODY/BRAIN (Body Function, Muscle Tension, Viscera/Organs) EMOTIONS (0-10) SAD – FEAR – ANGER – GUILT – SHAME – DISGUST – OTHER – ACTIONS (DO, SAY, URGE) Usually some form of fight, flight, freeze	THOUGHTS AND BELIEFS How does this leave you believing about yourself, others, the world, and God? Self (Defective, Damaged, Responsible, In Danger) I AM …. Others (Specifically to this situation, in general) OTHERS ARE… World THE WORLD IS… God GOD IS… Any other thoughts/beliefs that seem true in this situation?

MEMORIES AND REMINDERS

As you consider everything, hold it all together, let yourself float back in time. When are times in the past you have noticed feeling/thinking/experiencing this? As you notice any memories that surface, on a scale of 0-10, how much do these memories still bother you?