

**VULNERABILITY**

What set me up?



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**TRIGGER**

What set me off?



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**RESPONSE**

**Thoughts/Images**

What went through my mind?

**Physical sensations**

What happened in my body?

**Feelings/Mood**

How did I feel?

**Behaviour/Actions**

What did I do?



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**CONSEQUENCES**

What happened next?

**Positive**

What positive things followed from my actions?

**Negative**

What negative things followed from my actions?