|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | **T**rigger | **I**mage | Negative **C**ognition about Yourself | **E**motions | Physical **S**ensation | SUD 0-10 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

Trigger: What happened to disturb you?

Image: What is the image that comes to mind that goes with the feeling of the disturbance?

Negative Cognition: A negative, irrational ‘I’ statement, reflects the issue, has an emotional/physical impact in the moment (Short 3 or 4 word statement).

Emotions: The feelings that go with the disturbance (mad, sad, glad, bad).

Sensations: Physical feeling(s) in the body (pressure, heaviness, weight, tightness, constriction, sensation of dropping or falling, ache, pain)

SUD: Subjective Units of Distress, scale of 0-10, How disturbed do you feel from 0 = no disturbance and 10 = the worst disturbance you can imagine?

Then allow this to go into your Container in any way that it does. Use your Box Breathing. Go to your Safe/Calm/Secure Place to emotionally and physiologically regulate.