

<b>Situation</b> (what are you doing, where are you?)	<b>Mood/emotions</b> (how do you feel?)	<b>Thoughts/mindset</b> (why do you feel this way?)	Can you spot cognitive biases/assumptions about the situation?
<p>Example: Agreed to help out a family member with a complicated errand.</p>	<p>Stressed. Irritated.</p>	<p>I've got too much on my plate but would be letting them down if I say no.</p>	<p><b>Shoulds</b> I should always help out.</p> <p><b>All or nothing</b> The errand is now entirely my responsibility.</p> <p><b>Catastrophising</b> The task won't get done if I don't do it.</p> <p><b>Mind-reading</b> They would feel let down if I say no.</p>

Figure 10: Three-column chart showing emotions, thoughts and cognitive biases within specific situations