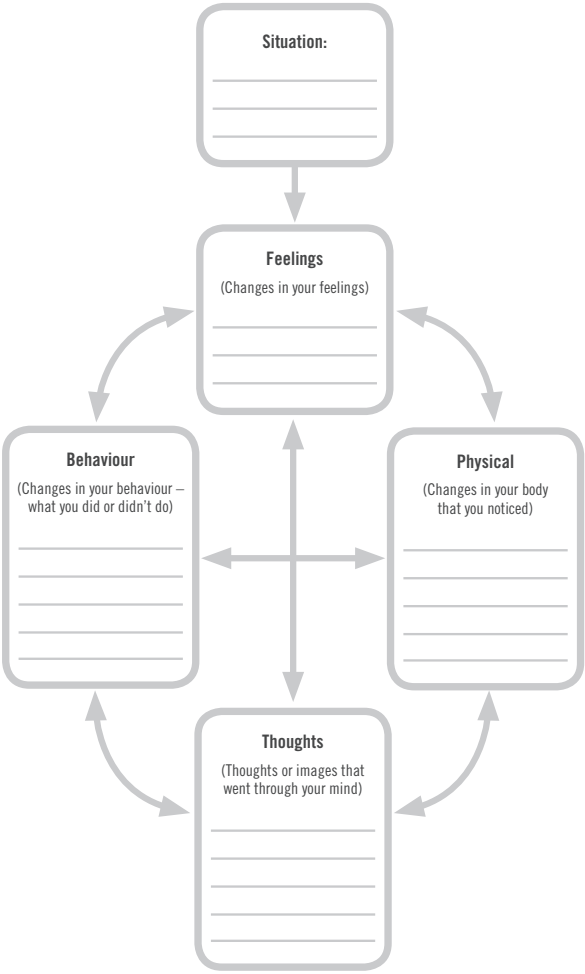
Situation:
Feelings
(Changes in your feelings)
Behaviour
(Changes in your behaviour – what you did or didn't do)
Physical
(Changes in your body that you noticed)
Thoughts
(Thoughts or images that went through your mind)