

USEFUL FRAMEWORKS

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Situation or trigger</b>	<b>Unhelpful thoughts</b>	<b>Feelings (score/10)  Behaviour</b>	<b>Helpful thoughts</b>	<b>New feelings (score/10)  New behaviour</b>