

Situation:
Where were you? Who were you with? When was it? How often were/are you in the situation? What was happening?

Thoughts/Images:
What was going through your mind? Did you have any images/memories that popped into your mind? Were you having any thoughts prior this situation in regards the situation? Did you conclude something after having these thoughts? Did you have an image of yourself in the situation?

Physical sensations:
What did you notice in your body? Where did you noticed? Did you notice any physical changes before/during/after? Did these impact on you/your mood? Where was your attention? What did you think others could see you doing? Did I feel as if I was in the moment? Or as if things were like a film passing by and I was a bystander?

Behaviours:
What were you doing that helped? What were you doing that made things worse? Did you avoid or not avoid doing something? What did you do to reduce/increase your emotions/feelings? Did you do anything prior to the situation that impacted your mood? Did you do what you always do?

Feelings/Emotions:
What emotion/s did you experience during the situation? What about before or after? What were the intensity of the emotion 0 – 100%? 0 not strong at all 100 the worst you ever felt

5 areas model with prompts