

MY STRESS / RESPONSE / RESPONSE RECORD

STRESS (trigger that caused distress)	MY RESPONSE (thought, feeling, sensation, urge)	MY RESPONSE (to my response) (thought, feeling, sensation, urge)
e.g. attending a small group for the first time	(<i>CHOOSE A T, F, S OR U YOU ARE TRYING TO AVOID</i>) <i>Feeling: anxious, curious, insecure</i>	<i>Thought: "What's wrong with me, I shouldn't feel this way!"</i>
