

<p>Explain the situation in a sentence or two. What happened?</p>	<p>What unwanted thought, feeling, or sensation or memory did you have?</p>	<p>How did you respond at the time? Did you try to suppress them/ did you try to avoid the situation? Did you leave?</p>	<p>What did this cost in energy? Did you feel emotionally drained after? Or were you left with energy? How much time did you spend on this response?</p>	<p>Was this in line with your values? i.e. did this help you move towards something you hold important? Or did it reduce the experiences and opportunities open to you?</p>