

Trigger	Response	Avoidance Pattern
Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)
What are the SHORT TERM consequences of my Avoidance Pattern?		What are the LONG TERM consequences of my Avoidance Pattern?

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Trigger

R

Response

A

C

Alternative Coping

Upsetting event

Thoughts and feelings
about the event

What can I do that is better than avoidance in the long term?
How can I act in a way that is consistent with my values?
What will be the best course of action to increase my wellbeing?

What are the likely SHORT TERM consequences of my
Alternative Coping plan?

What are the likely LONG TERM consequences of my
Alternative Coping plan?

Ttrigger**R**esponse**A**voidance **P**attern

Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)
<i>Wife not spending as much time with me anymore</i>	<i>She doesn't care about me</i> <i>She doesn't understand how I feel</i> <i>She doesn't love me anymore</i>	<i>Isolate myself</i> <i>Make sarcastic remarks</i> <i>Stop asking my wife to do things with me</i>
What are the SHORT TERM consequences of my Avoidance Pattern? <i>Continue to feel unappreciated</i> <i>Atmosphere in the house remains tense</i>		What are the LONG TERM consequences of my Avoidance Pattern? <i>My wife may leave me or ask for a divorce</i>

Ttrigger**R**esponse**A**lternative **C**oping

Upsetting event	Thoughts and feelings about the event	What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with my values? What will be the best course of action to increase my wellbeing?
<i>Wife not spending as much time with me anymore</i>	<i>She doesn't care about me</i> <i>she doesn't understand how I feel</i> <i>she doesn't love me anymore</i>	<i>Tell my wife how I feel</i> <i>Ask her what she wants from our marriage</i> <i>show an interest in what she's doing</i> <i>Invite my wife out to something with me</i>
What are the likely SHORT TERM consequences of my Alternative Coping plan? <i>I will know where my relationship is going</i> <i>I'll feel nervous - she might reject my offer</i> <i>I'll feel better because I'm making an effort</i>		What are the likely LONG TERM consequences of my Alternative Coping plan? <i>I might improve my relationship with my wife</i>