Form 6.1: Following Your ARC

Date/ Time	Antecedent What triggered your emotional response?	Response Physical Sensations Thoughts Behaviors	Consequence Short-term How is this response working for you? Long-term How might this response lead to more negative emotions in the future?
	A		
	A		

David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.

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