

Vicious Cycle

What's going on? Describe the situation:

My thoughts. Am I:

- Beating myself up?
- Focusing on the bad stuff?
- Being gloomy about the future?
- Expecting things to go wrong?
- Worrying what others may think about me?
- Other _____

Altered Thinking

My feelings. Do I feel:

- Low/Sad?
- Stressed/Anxious?
- Guilty?
- Ashamed?
- Angry/Irritable?
- Other _____

Altered Feelings

My behaviour. Am I choosing to:

- Avoid something?
- Escape/Run away?
- Lean on others too much?
- Stop doing fun things?
- Stop seeing people I like?
- Doing things that backfire?
- Other _____

Altered Behaviour

Altered Physical Feelings

My body. Am I:

- Tense?
- Shaky?
- Sick?
- Can't sleep?
- Off my food?
- Heart racing?
- Hot/Sweaty?
- Dizzy?
- Tired out?
- Other _____
- Cold/Clammy? _____
- Not able to relax?