

Understanding my threat system worksheet

Date/day	Situation/trigger Describe situation that activated the threat system	Emotions Which emotions came up?	Thoughts What were you saying to yourself about this situation?	Behaviours/actions What did you do in this situation?	Outcome: What was the result?	Compassionate self: What does your wise, kind, strong, confident, compassionate self think, say and want to do about this?

This worksheet is presented by Marie Bloomfield www.bloomfieldpsychology.com.au

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