



## Treatment Tools

### How did I get here?

*Today I am going to understand what happened when...*

Name:

Date:

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**What was going on just before this happened?**

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**What happened then?**

*Actions, Sensations, Thoughts, Events, Feelings –*

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**What could I do differently next time?**

*Skilful alternative behaviours*

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**How did this affect others?**

*Short term:*

*Long Term:*

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**Is there anything I need to do fix things?**

*Apologise, Correct, Repair*

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**What were the consequences for me?**

*Short term:*

*Long term:*