

BASIC BELIEF DISCOVERY: THE COMPONENTS

What do I journal at the least? In the site, different versions of [Beliefs Processing Forms](#) are available, many with the same elements. Also, useful questions will appear in the various journals use in [The Types Of Journals](#). You can use this graphic as a reminder (perhaps in the front of your journal or notebook).

THE COMPONENTS

Situation that “triggered” the “problem”.

What thoughts went through my head about this? “I’m not good enough.”

Physical - How does my body react?? (Feel tired, loss of appetite, tense, weak)

Emotions - How did I feel? (worthless, anxious)

Behavior - What did I do? (withdrew, avoided contact with others)

