

Trigger (internal or external)	Name the Mode	Thoughts	Feelings	Behaviours
What event or situation brought about the mode? (thinking about the week, or boss criticising work)	What was the mode Critic Mode Over controller? Detached Protector?	What thoughts were going through my head. I'm no good I can't cope	Agitated, Angry, withdrawn, sad How does it feel in yourself/your body?	What did you do? Was short with others Avoided other people
Thinking about the week ahead	Hopeless <i>surrenderer</i>	This is a joke There's no hope Life is all work and then you die It's never enough	Hopeless Helpless Miserable Hating life My chest sinks and I slump down I feel an emptiness in my heart	Stared into space for a while Then kept working silently
