



Consequential Analysis Form

Event, Emotion, Thought, Stimulus Situation, Question Explain what happened. Trigger Other events, stresses are in your life	Thoughts / Images	Emotion Physical feelings
	Behavior	
	Consequences Pros Cons	

Consider different thoughts, feelings and behaviors. Imagine what these new thoughts feelings and behaviors might produce and write them down below.

New Thoughts / Images	New Feelings	New Behavior
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List the possible consequence with these new changes in thinking, feeling and behaving

How might you create an action plan to enact these new ways of thinking, feeling, and behaving
The next time this trigger occurs?