




Changing TRACKS

Use this exercise to identify how you respond when triggered by a difficult or challenging situation. Rather than attempting to change the trigger, focus on how you can alter your appraisal of the situation to achieve a more helpful initial response and outcome.

Unhelpful – Getting caught up in distressing thoughts and emotions - Acting against my goals or personal values

Trigger What happens or what do I first notice?	Response How do I feel emotionally and physically; what do I do?	Appraisal What do I think, assume or believe?	Consequence What happens as a result of this – what is the outcome?	Knock-on Effects What are the wider or longer term implications of this?
				

Helpful – Changing or disentangling from distressing thoughts and emotions - Acting according to my goals or personal values