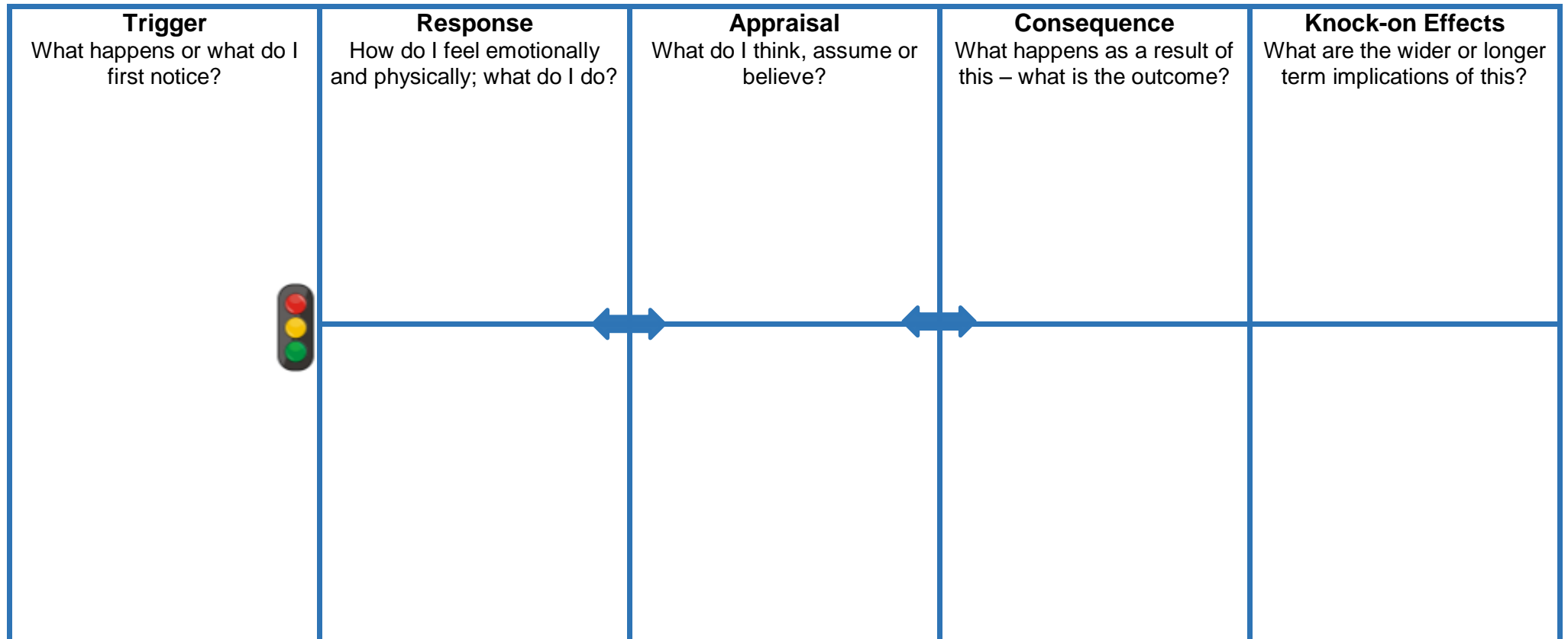


Changing TRACKS

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



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