

Form 4.1 Approaching Your Values

| Trigger | Response | | | Outcomes | |
|-----------------------|---|--|---------------------------------------|---|---|
| <u>What happened?</u> | <u>Physical Changes</u> Emotions/Body Sensations | <u>Thoughts</u> What did you tell yourself? | <u>Behaviors</u> Urges and Actions | <u>Short-Term</u> What was the immediate consequence of your response? | <u>Long-term</u> Does this response take you closer to or farther from your values? Why? |
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