

<p>A Activating Event/Trigger (something happens)</p> <p>Walk into pak n save. See there is lots of people</p>	<p>B Belief/Thoughts (I tell myself...)</p> <p>Too many people cant cope</p> <p>Change the thought:</p> <ol style="list-style-type: none"> 1) Will be in and out no big deal 2) This will be hard but I can do it <p>Distortion: People will look at me and think bad things about me</p> <p>No evidence, I'm not a clairvoyant</p>	<p>C Consequence (emotions +/-) which leads to behaviour</p> <p>Anxious leads to avoidance</p> <p>Calm Calm</p>
<p>Change thought: make it positive (1) or acknowledge what I don't like and add a positive (2) Challenge thought (faulty, distortive thinking), where's the evidence? Distract myself (watch dvd, think about something else)</p> <p style="text-align: center;">COGNITIVE BEHAVIORAL THERAPY (CBT) CBT Diary app</p>		