

Depict a recent situation in which you had a fragmenting (adverse) reaction to an event or person.

1

<i>Counter Role</i>		<i>Role I played</i>	
<i>Feeling</i>	<i>Action</i>	<i>Feeling</i>	<i>Action</i>
Physical – Body Response			
Self examination: Why do I do this?			

**Core Emotion**

*What is under your initial response?  
E.g. Hurt Fear Sadness Pain*

2

Earliest memory of feeling this core emotion.

3

**Disempowering Belief**

*E.g. I'm not valued – I'll never be successful*

4

Thinking about that early memory, what did I need at that time to feel OK?

*E.g. Loved, capable, safe.*

5

**Empowering Belief**

*E.g. I'm valuable; I'm courageous*

6

What can I do differently next time?

7

<i>Feeling</i>	<i>Action</i>