**Behaviours**

**What helped me cope? What did I avoid doing? What didn’t I do? What would people have seen me doing?**

**Emotions**

**What emotions did you experience? How intense were the emotions (0-10)**

**Physical**

**What physical sensations did you experience? Did you notice any changes in your body?**

**Thoughts**

**What thought went through your mind?**

**Situation**

**What happened? When? Where? With who?**