Example:

A	B	C	D
Event	My Beliefs	My Feelings	My Behavior
Riding my bike to work Bike accident Truck driver didn't see me and hit me Broken finger Smashed helmet	I should not have been in this accident. Drivers should be alert to cyclists	Shock Confused Fear/scared	Physically shaking Walked around surveying the scene Picked up my bike Took my helmet off Talked to the police officer Went to the hospital
Surgery to fix finger and hand	Drivers are unaware and inconsiderate They think they own the roads Ultimately I am not in control of my own safety	Anger Fear Concern	Thoughts of giving up cycling
Riding on the roads	Most drivers are aware and considerate I am ultimately in charge of my own safety I will not allow past experiences limit my joy and peace	Less fear Concern Hopeful More peace	I continue riding but with more alertness and caution And I always wear my helmet

A	B	C	D
Event	My Beliefs	My Feelings	My Behavior
List the event as it happened	What do I believe about this event?	How did I feel?	What did I do?
If this event happened again….	My Beliefs What beliefs/thoughts would I have to have to account for the desired feelings and behavior?	My Feelings How would I prefer to feel?	My Behavior What would I like to do?
Repeated event….	My new belief…	My new feelings…	My new behavior…