Trigger:

Imagined distress level (0-10): ______

Thoughts:

Feelings:

Behavioral response:

Tool(s) used:

Potential new response:

Eventual distress level (0-10): ______

**MOM’S TOOLBOX**

- ABC-B Exercise to find alternative thoughts
- Examining the Evidence
- What Would I Tell a Friend
- Deep Breathing and Progressive Muscle Relaxation
- Positive Self Statements (may refer back to favorites selected in session)
- Writing in Journal or Re-telling Story

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