

Think of stressful experiences in your life

What triggers stress for you?	What sort of thoughts/ images run through your mind?	What sort of emotions do you feel?	What sort of feelings do you get in your body?	What do you do or feel like doing?	Can you identify factors that maintain the thoughts and feelings?

Pleasant experiences in your life

What triggers stress for you?	What sort of thoughts/ images run through your mind?	What sort of emotions do you feel?	What sort of feelings do you get in your body?	What do you do or feel like doing?	Can you identify factors that maintain the thoughts and feelings?