

CBTandFeelingGood.com – Handout – A Blank Thought/Fight or Flight guide...



FIGHT OR FLIGHT – So.. we now know your body joins in on the fun when you're anxious and 'seeing' dangers and hazards everywhere ...

Exercise: use the following form to journal and catch when situations and irrational thinking cause upsetness (emotional and physical), all of which lead to self defeating / self sabotaging behaviours. Then confront the irrational with a dispute (there is no tiger... I feel sick because cortisol has... etc.).

Situation	Thinking/beliefs	Feelings	Behaviour
<p>Fight or flight physiology – what is my body doing?</p>			
<p>Dispute and challenge thinking and beliefs about this situation?</p>			
<p>Preferred new thinking and behaviour?</p>			

(Note: you may create this on a blank sheet if you don't wish to write in your handout / and for more room).