

## Post-Mortem

What is my **G**oal for this situation in the future? \_\_\_\_\_

**A**ctivators**Prior State**

What state were you in before the triggering event?

**Situation**

What happened?

**B**eliefs**Unhelpful**

What **were** you thinking (thoughts, memories) that may have made things worse?

**Helpful**

What **weren't** you thinking about that might have kept things in check?

**C**onsequences**Sensations, Urges, Cravings, etc.**

What happened in your body?

**Emotions**

What were you feeling or suppressing?

**Script/Rules**

What script did I follow (e.g. when I'm angry at X, I'm supposed to Y, because Z)?

**D**o**Mental Behavior**

Was I willing or not? Self in relation?

**Motor Behavior**

What did you do/display?

**E**ffects**Effect**

What were the effects of my behavior on my goal(s), other people, the current situation, and the future?

**F**uture**Crisis Management**

What could I do once I'm in the situation?

**Prevention Planning**

What can I do in advance/regularly to increase helpful behaviors and reduce self-defeating behaviors (this may include steps to: prevent becoming activated in the first place, prime rational beliefs, goals, or values, reduce experiential avoidance, automate/overlearn adaptive behaviors, or prevent high-risk situations from arising)?