IMAGERY CHALLENGING RECORD

1. Trigger Situation What is happening? Where am I?	2. Negative Images What visual images are going through my mind? Body sensations, taste, smell, touch, sound?	3. Emotion How do I feel? SUDS 0-10?	4. Contrary Evidence for Images What evidence do I have that does not support these images? Alternative ways to view the situation?	5. Realistic Probability and Consequences How likely is it that my negative images will actually occur? If something bad happened, then so what? Would it really be that bad? Would I cope?	6. Helpful Image Describe as a picture the most realistic outcome and/or a more helpful image?	7. Visualise the helpful image as if it were actually occurring now	8. Re-rate Emotion Describe and rate emotions during helpful image