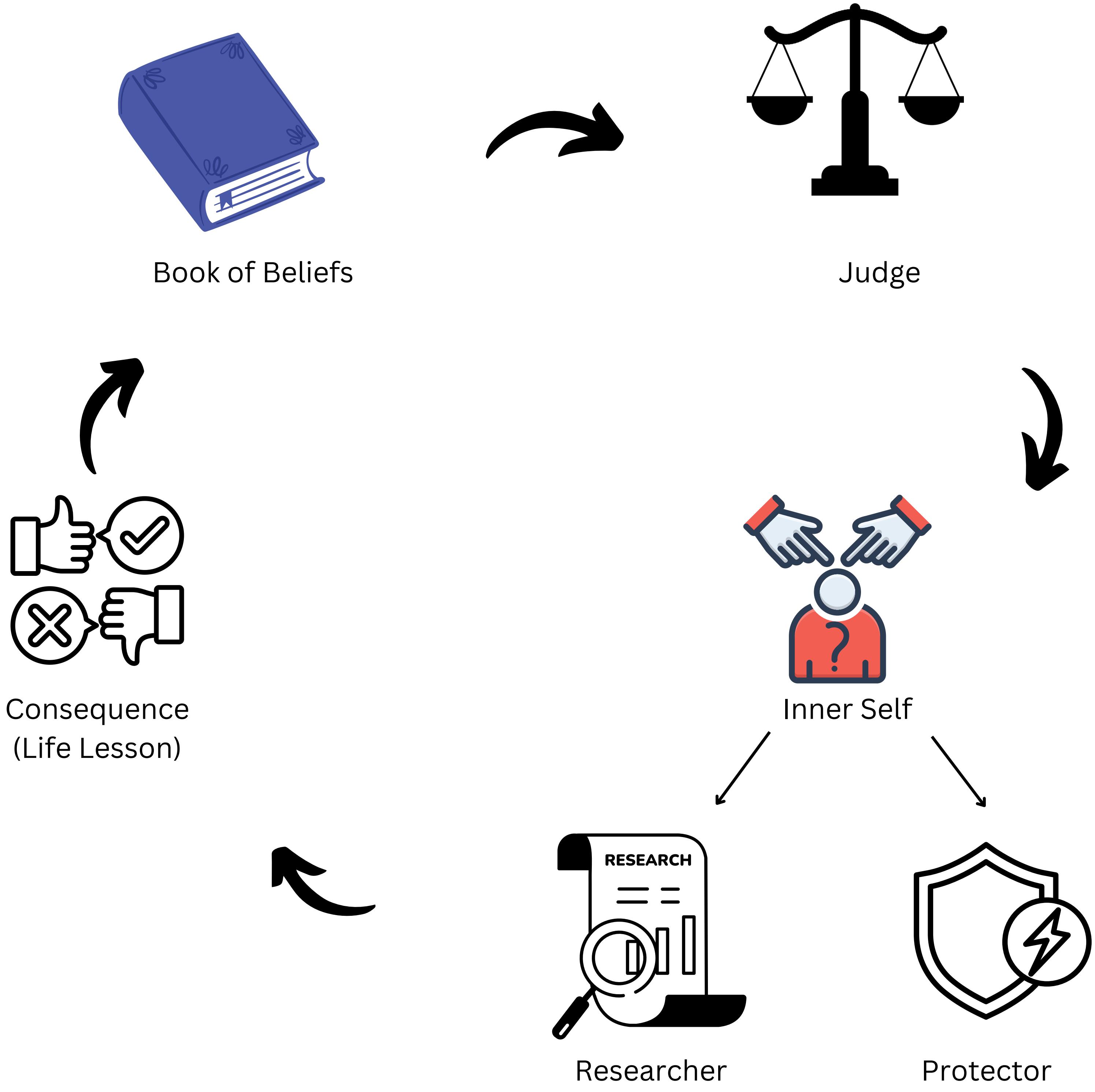


The Simple Theory



You can address distress from any point in this cycle.



The Simple Theory Experience Processing Worksheet

Experience: Describe your point of view of what happened.

Belief: What should have happened?

Judge: What was the emotional response from the trigger? Empowered or Disempowered?

Protector: How did you respond?

Consequence: What was the result of your protector response? Was it positive or negative?

Lesson: Was the belief challenged? What did you take away from this experience?

Consequence: What are the ideal consequences?

Additional Comments:



Researcher Mind Map Questions:

What supports the belief? (B)

What does not support the belief? (B)

What has helped before? (P)

How would the best version of yourself respond? (P)

What is the motivation for the goal? (J)

What can you control in this situation? (C)

Main challenges? (B)

Next Steps:

