

# UPSETTING EVENT

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1. What happened? Do a free write.
2. List only the facts of what happened.
3. What are you making these facts means? (Why is this a problem?)
4. How do these thoughts feel?



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5. Does this or did it make you want to overeat? Why or why not?
6. How do you want to feel?
7. What do you need to think or believe about this event to feel that way?
8. What have you learned from this event?

