

### HOLES CHAIN ANALYSIS \*

<b>Was there an event(s) possibly linked to the activation?</b>	<b>What feelings were present during activation?</b>	<b>Notice sensation associated with each feeling.</b>	<b>What thoughts were associated with each feeling?</b>	<b>What behaviours or urges were associated with feelings?</b>	<b>What was your physical/emotional/spiritual bank balance prior to activation?</b>
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What % was this well-regulated \_\_\_\_\_ dysregulated \_\_\_\_\_?

**Part 1**

**Part 2**

**Part 3**

**Part 4**

**Part 5**

Is this a pattern? If so, what part- selves were activated?

Identify for each part:

**A feelings**

**B sensations**

**C thoughts**

**D behaviours**

**\*Do when in safe, clear- thinking, or alert, ready -to- act levels of activation.**

### RATIONAL MIND REMEDIATION

Imagine that your situation or event happened instead to a friend, an acquaintance, or an imaginary person. They have come to you for help with the issue. You may choose to give them a name. Your role is to help them.

1. Describe the situation.	2. Describe your feelings.	Automatic Thoughts 3. What thoughts or images were going on in your mind as the situation unfolded?	Balanced Thoughts 4. Was there another, more balanced way to look at or think about the situation or event?	Behaviour 5. What behaviours might have resulted from the more balanced way of looking at the situation?	How can you practice alternate thoughts and behaviours if a similar event or situation happens again?

