Event What happened?	**Thoughts (Beliefs)** What did I say to myself about what happened? (SOBS: 0–10) "Events are not nearly as important as what they mean to us"	**Emotions** How did that make me feel? (SUDS: 0–10)	**Actions** What did I do?	**Alternate views** What are some other ways to look this situation?	**Which view would I rather believe?**
					Will it help me move towards my goals? Will it have a positive effect on me and others? How strong is this belief? (SOBS: 0-10) What evidence exists to support this belief? How strong is the belief now? (SOBS: 0-10)? Continue to intentionally look for supporting evidence each day to strengthen the conviction.