

**A**IM/Goal

**E**motion

**I**nitiating Trigger

**O**utcome/Consequences of the Emotion

**U**nderlying thoughts

Now **TWiG**... are the thoughts

**T**True

**Wi**Worth it

**G**oal (help you achieve it)

If you get one or more **No** then try and come up with Alternative thoughts that will change your emotions. If you get Yes to all 3 TWiG questions, then ABCD Alert Bypass Change or Delete the trigger, rather than change the thoughts.

Alternate Thoughts

1. .
2. .
3. .
4. .
5. .