Table for Step 4: Notice what thoughts lead you away from doing something.

Date and time	Situation - What are you doing?	Present Thought(s)	What were you Doing?	What thoughts took you away from what you were doing?
Example	Shouting “What do you mean!” at a colleague.	How dare he laugh at me.	Having a laugh and a joke with your colleagues at work.	He is bullying me 'triggered' me back to school were I was bullied.

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