My five areas map

Pick one recent moment when your mood changed, and map what happened.

Name _____ Date _____

Situation

Where was I? Who was there? What happened?

Thoughts

What went through my mind?

Feelings

What emotions? How strong (0 to 10)?

Body sensations

What did I notice in my body?

What I do

What did I do, or avoid doing?

What do I notice when I look at this map? Which area might be easiest to change?

If a friend were in this exact situation, what would I say to them?

Based on the five areas model developed by Chris Williams.

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