TRAP

When we are low we lose contact with our values and who we are through avoidance (the TRAP). Explore this here before moving to page 2- TRAC.

PROGRESS PSYCHOTHERAPY

Trigger- the upsetting event
Response- How I felt
Avoidance Pattern- what I did when feeling bad
Short term consequences of avoidance
Long term consequences of avoidance

TRAC

You can make a plan to get back to yourself. An alternative coping based on your values and the life that you want.

PROGRESS PSYCHOTHERAPY

Trigger- the same upsetting event as above
Response- How I felt (likely the same as in TRAP)
Alternative Coping- what do I need to feel better? What fits my values?
Short term results of alternative coping
Long term results of alternative coping

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