

Changing TRACKs

Use this exercise to identify how you respond when triggered by a difficult or challenging situation. Rather than attempting to change the trigger, focus on how you can alter your appraisal of the situation to achieve a more helpful initial response and outcome.

Unhelpful – Getting caught up in distressing thoughts and emotions - Acting against my goals or personal values

Trigger	Response	Appraisal	Consequence	Knock-on Effects
What happens or what do I	How do I feel emotionally	What do I think, assume or	What happens as a result of	What are the wider or longer
first notice?	and physically; what do I do?	believe?	this – what is the outcome?	term implications of this?

Helpful – Changing or disentangling from distressing thoughts and emotions - Acting according to my goals or personal values