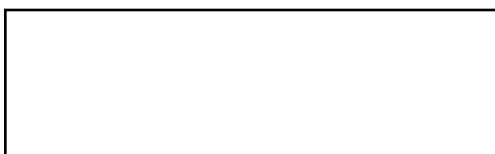# Maintenance Formulation

What happened? (Events)

How I interpret the events (Thoughts)

**What I do when this happens
(Behaviour / Responses)**   **How I feel when this happens
(Feelings)**