

Comparing Then and Now

Situation: _____

	Then	Now
How I made sense of the situation		
How I felt		
What I did		
Underlying Assumptions about myself, others, and the world that were activated		
Core Beliefs about myself, others, and the world that were activated		

How can I remind myself that now is not the same as the point in the past that I get reminded of and keep myself focused on the present moment?