

Situations to explore Thoughts Feelings and Actions (Module 3)

Developed by: Avon and Wiltshire Mental Health Partnership NHS Trust

1. You arrive to the Men's group on your first day
2. You go home tonight and you are having your favourite meal for tea
3. You are in the queue at the shop, and someone cuts in front of you
4. Your pet hamster dies
5. You win £1000 on a scratch card
6. You are in bed and hear a loud noise downstairs
7. Your flight is late
8. You lose £20
9. The police turn up at your house and ask to speak to you
10. You get blamed for something you didn't do
11. You get bullied
12. You need to go to court
13. Someone you fancy asks if you would like to go on a date...
14. ... You go on the date and get stood up