

# HYPOAROUSAL CHAIN

	EVENT+	THOUGHTS+	FEELINGS+	URGES/IMPULSES=	BEHAVIOR
<b><u>Example</u></b>	Friend does not respond to text	<i>"I am a terrible friend/person. They don't like me. I am worthless and unlovable."</i>	Shame Sadness Flat Checked out Collapse	Get small Hide Cry Zone out Body feels heavy	Sleep Isolate
<b><u>Alternative</u></b>	Friend does not respond to text	<b><u>Challenge the thought:</u></b> "Maybe they didn't see it?" "Maybe they are busy?" <b><u>See the thought as a thought and don't engage:</u></b> Thanks mind—that got dark! Thought stopping	<b><u>Approach the pain/part in a way that is:</u></b> Calm Curious Compassionate Creative Courageous Clear Warm hearted Soft Non-judgmental	<b><u>Try a skill/resource:</u></b> -Stand up -Container/feeling edges of your body -Tapping -Pushing on a wall -Standing tall and big -Self-hug -Imagery of loving relationships	-Reach out for support -Try your friend again—check in
<b><u>Situation</u></b>					
<b><u>Alternative</u></b>					