### A: Situation
Describe the events that led to your unpleasant feelings: Where were you, what were you doing, who else was there?

### B: Beliefs
As your mood changed what thought was in your mind?

### C: Emotions
What are you feeling? (sad, angry, anxious, etc). How bad do you feel? 0–100% good?

### D: Adaptive Thoughts
What is a more helpful way to think about this situation?

### E: Outcomes
Re-rate the strength of the negative beliefs and feelings now

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**FIGURE 7.2** A typical DTR

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