

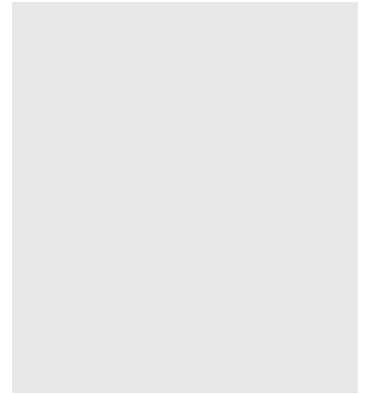
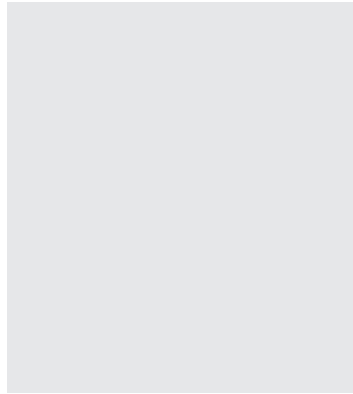
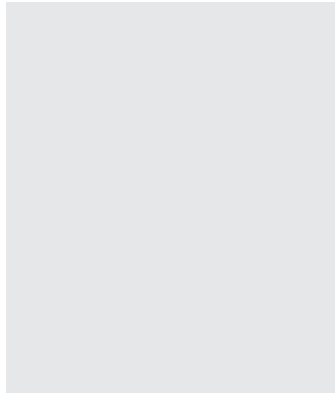
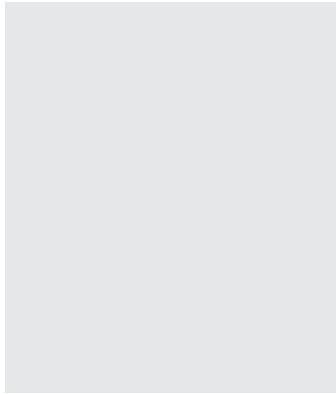
SFP Chart

3: Activating Events

1: Beliefs & Thoughts

2: Emotions

4: Behaviors

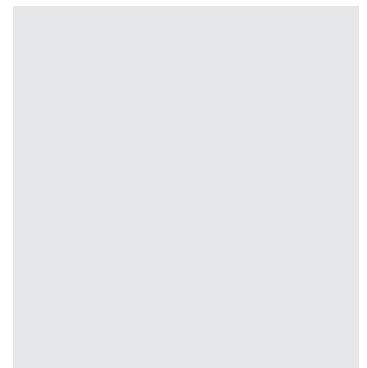
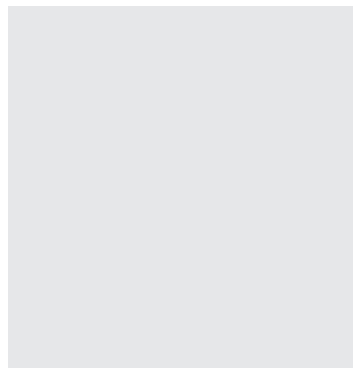
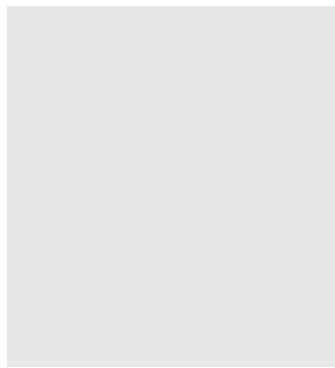
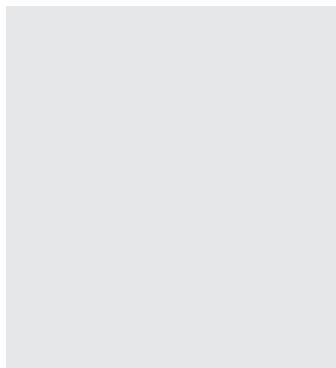


8: Behaviors

6: Emotions

5: Beliefs & Thoughts

7: Activating Events



3: Activating Events

1: Beliefs & Thoughts

2: Emotions

4: Behavior

Events, observations,
that justify B and C1.

Judgments,
assumptions and
beliefs about the
other person.

How do I feel about
that person and our
interaction?

How do B and C1
impact my behavior
with or around that
person?

A

B

C1

C2

8: Behavior

6: Emotions

5: Beliefs & Thoughts

7: Activating Events

How do B & C1
impact my behavior
with or around the
person treating me
this way?

What emotions
would I have about
myself or the person
who is treating me
this way?

Judgments,
assumptions and
beliefs, about myself
or the person who is
treating me this way.

Events, observations,
that justify B and C1.

C2

C1

B

A