

**CHOICE
POINT
DIAGRAM**

CHOICE POINT DIAGRAM

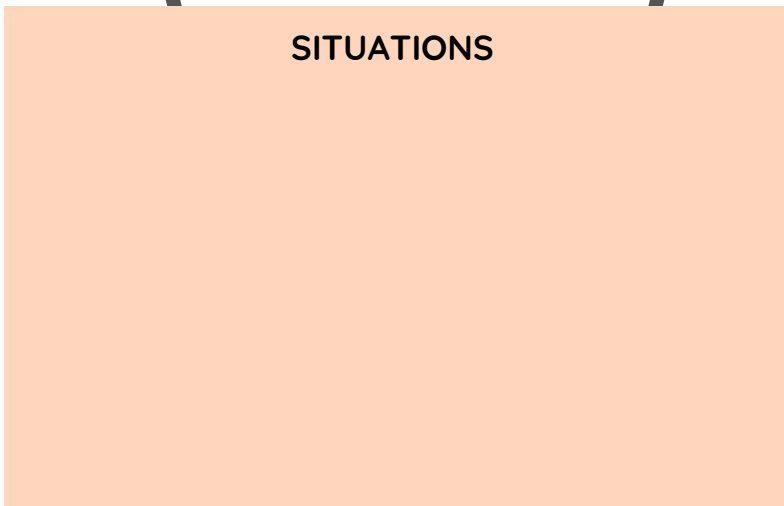
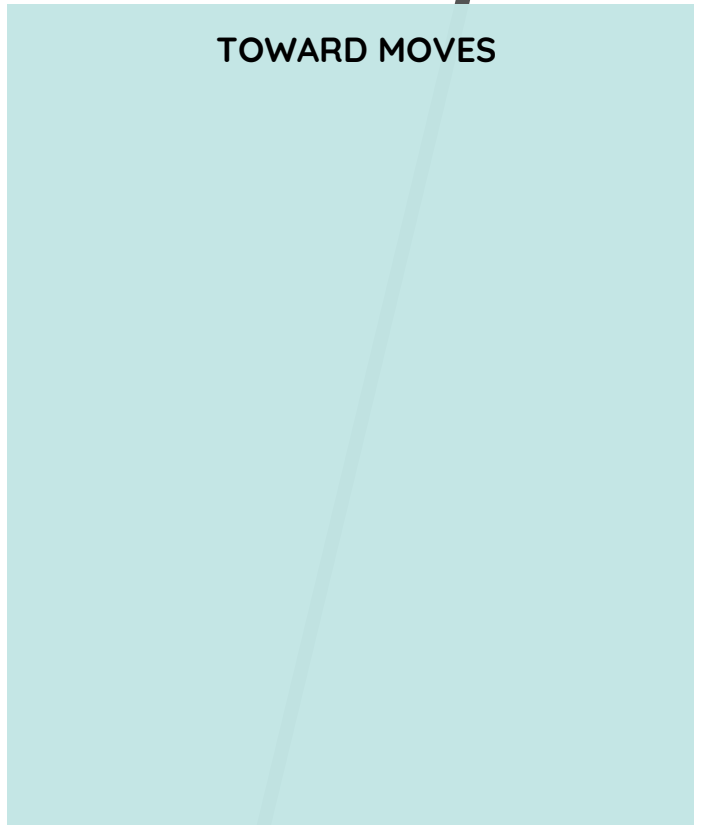
AWAY MOVES

TOWARD MOVES

SITUATIONS

THOUGHTS

FEELINGS



CHOICE POINT DIAGRAM

AWAY MOVES

Go-to 'default'
actions/behaviours you
engage in when distressed

'Hooking' behaviours

Actions that don't align with
the version of yourself you
want to be

ex. binge-watching,
avoiding social events

TOWARD MOVES

Conscious actions you want
to engage in when
distressed

'Unhooking' behaviours

Actions that align more
closely with the version of
yourself you want to be

ex. going for a walk,
reading, time with friends

SITUATIONS

Times/events where you
notice feeling intense
distress

ex. organizing schoolwork,
conflict with partner

THOUGHTS

Thoughts about
myself/situation during
distress (often recurring)

ex. "I'm not good enough"
"I won't know the right
thing to say"

FEELINGS

Feelings about
myself/situation during
distress (often recurring)

ex. "I feel so guilty"
"It makes me feel more
distant"