

# THE COMPONENTS OF MY EXPERIENCE

Learn to identify the components of your experience by breaking down emotional events in your life so that you can begin to recognize the various components and identify the ones you can choose to change. While you can choose any events from the past, present, or future, it is generally easier to work with more recent or near events, such as in the past or upcoming week, because you will be better able to identify all the components.

## Example.

**Environment/Situation:** *A dog is running toward me.*

**Belief:** *Dogs are dangerous.*

**Future Expectation:** *The dog may bite me.*

**Preference:** *Don't want/Not thriving.*

**Feeling:** *Scared*

**Choices:** *I could run or stay, but running seems safer.*

**Behavior:** *Run away.*

1.

**Environment/Situation:**

**Belief:**

**Future Expectation:**

**Preference:**

**Feeling:**

**Choices:**

**Behavior:**

2.

**Environment/Situation:**

**Belief:**

**Future Expectation:**

**Preference:**

**Feeling:**

**Choices:**

**Behavior:**

3.

**Environment/Situation:**

**Belief:**

**Future Expectation:**

**Preference:**

**Feeling:**

**Choices:**

**Behavior:**