Vulnerabilities	Prompting event / trigger	Primary emotions	Thoughts and assumptions
Sleeping badly. Hunger. Hangover. Anxiety.	Friend didn't call or come visit.	Abandonment. Disappointment.	"She doesn't want to be here." "She hates me." "She's a lousy friend."

Secondary emotions	Problematic behavior	Short-term consequences	Long-term consequences
Anger.	Texting the friend: piss off, I never want to see you again.	Relief.	Losing a relationship. Shame, guilt, sadness.