

DATA COLLECTION SHEET:

A-B-C-D-E (Where, Thought, Feeling, Behaviour, Consequence)

Time /Situation	Thought	Feeling	Behaviour	Consequences
<i>(e.g. 1 pm, at home, watching Netflix)</i>	<i>I hate my life, I don't have any friend other people have exciting adventures and great friends</i>	<i>Sad, Inferior, Resentful</i>	<i>Order pizza, don't do anything else, stay at home, sulk, I don't even call my girlfriend</i>	<i>Feel full and disgusted, procrastinate with my assignments, I become more depressed</i>