**Process Based Therapy for Misophonia Worksheet 3: Patterns**

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| **MY PATTERNS:** | ***TIME IN RELATION TO BEING TRIGGERED*** |
| **Before Trigger Starts** | **During Trigger**  | **After Trigger Stops** |
| ***SKILL******AREAS*** | **Attentional**(Where you look and focus) |  |  |  |
| **Behavioral**(What you do) |  |  |   |
| **Physiological**(How your body feels) |  |  |  |
| **Interpersonal**(How and what you communicate) |  |  |  |
| **Cognitive**(What and how you think) |  |  |  |