**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) |  |  |  |