

# BASIC Patterns Grid

MY PATTERNS:		<i><b>TIME IN RELATION TO BEING TRIGGERED</b></i>		
		<u>Before</u> Trigger Starts	<u>During</u> Trigger	<u>After</u> Trigger Stops
<b>SKILL AREAS</b>	<b>Behavioral</b> (What you do)			
	<b>Attentional</b> (Where you look and focus)			
	<b>Somatic</b> (How your body feels)			
	<b>Interpersonal</b> (How and what you communicate)			
	<b>Cognitive</b> (What and how you think)			