Situation
What happened? With who? When?

Thoughts / Images
What went through your mind? What does that say about me / them /the situation?

Bodily Reactions / Physical Sensations
What sensations did you notice in your body? Where did you notice it?

Feelings
How did you feel? What emotions did you notice?

Behaviours
What was your reaction? How did you cope / manage the situation?

Five aspects model,
Padesky, 1986