

Hotspot Record Sheet

Event What image represents the worst moment?	Emotion (rate intensity 0-100)	Appraisal What does the image mean to you? What did you believe in that moment?	Update What do you know about that moment or situation <i>now</i> ?

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<i>I can see the other car's headlights coming towards me</i>	<i>Fear - 100%</i>	<i>I'm going to die</i> <i>I'll never see my family again</i>	<i>I was injured but I didn't die</i> <i>I did see my family again</i>

