





**Figure 12.3: Develop Your Own SELf-Questions**

Phase of Cognitive Behavior	SELf-Question Visual	SELf-Question Step Names	Academic and Social SELf-Question Set	Emotional SELf-Question Set	Your SELf-Question Set
Input		Select a focus or empathy	What is the problem?	What am I feeling?	
Input		Gather information	What do I know?	What could be causing this feeling?	
Elaboration		Brainstorm	What are possible solutions?	What strategies can I use to make myself feel better?	
Elaboration		Evaluate	What is the best way to solve this problem?	Has this helped me in the past?	
Output		Plan and act	What do I do first, second, and so on?	How can I use this strategy?	
Output		Reflect	Did it work? How do I know?	Did it work? How do I know?	