SCOBA: Analysis of Critical Situations

(Version 1)

- What happened/is happening?
- What information does this situation give you?
- How do you feel about all of this?
- What emotions can you identify (basic or other)?
- In THIS situation, what information does this emotion (or emotions) give you?
- What needs are not being met in this situation?
- How are these needs related to your personal history?
- Have you ever felt this way before? When?
- What actions can YOU take to change your situation?
- What do you need to do or ask for?
SCOBA: Analysis of Critical Situations

(Version 2)

Situation:
- What happened/is happening?
- What information does this situation give you?

Emotion:
- How do you feel about all of this?
- What emotions can you identify (basic or other)?
- In THIS situation, what information does this emotion (or emotions) give you?

Needs:
- What needs are not being met in this situation?
- How are these needs related to your personal history? Have you ever felt this way before? When?

Actions:
- What actions can YOU take to change your situation?
- What do you need to do or ask for?