

What Happened

Getting on the bus, has a thought about past abortion. Bus driver looks at me in a funny way.



How I made sense of this

Other people can hear my thoughts (100% belief)
Other people will judge me negatively (100% belief)
Other people will confront me negatively (97% belief)



How I felt

Frightened (100%)
Racing heart, sick, tense (99%)



What I did

Tried to control thoughts and keep mind blank;
Tried to distract self;
Tried to avoid confrontation - avoid eye contact, repeatedly check if others are looking at self