

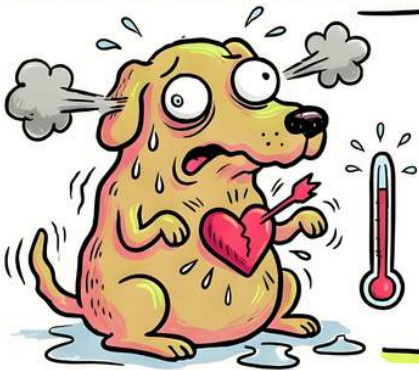
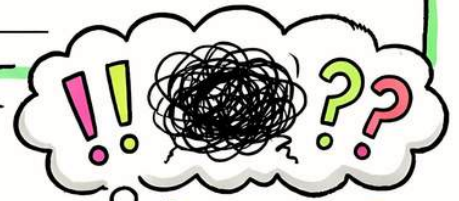


THOUGHTS, FEELINGS AND BEHAVIOUR WORKSHEET



Situation: What happened?

Thoughts: What went through your mind?



Feelings and body signs: How did you feel?
What did your body do?

Behaviour: What did you do?



A more helpful thought:
Is there another way to think about this situation?

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