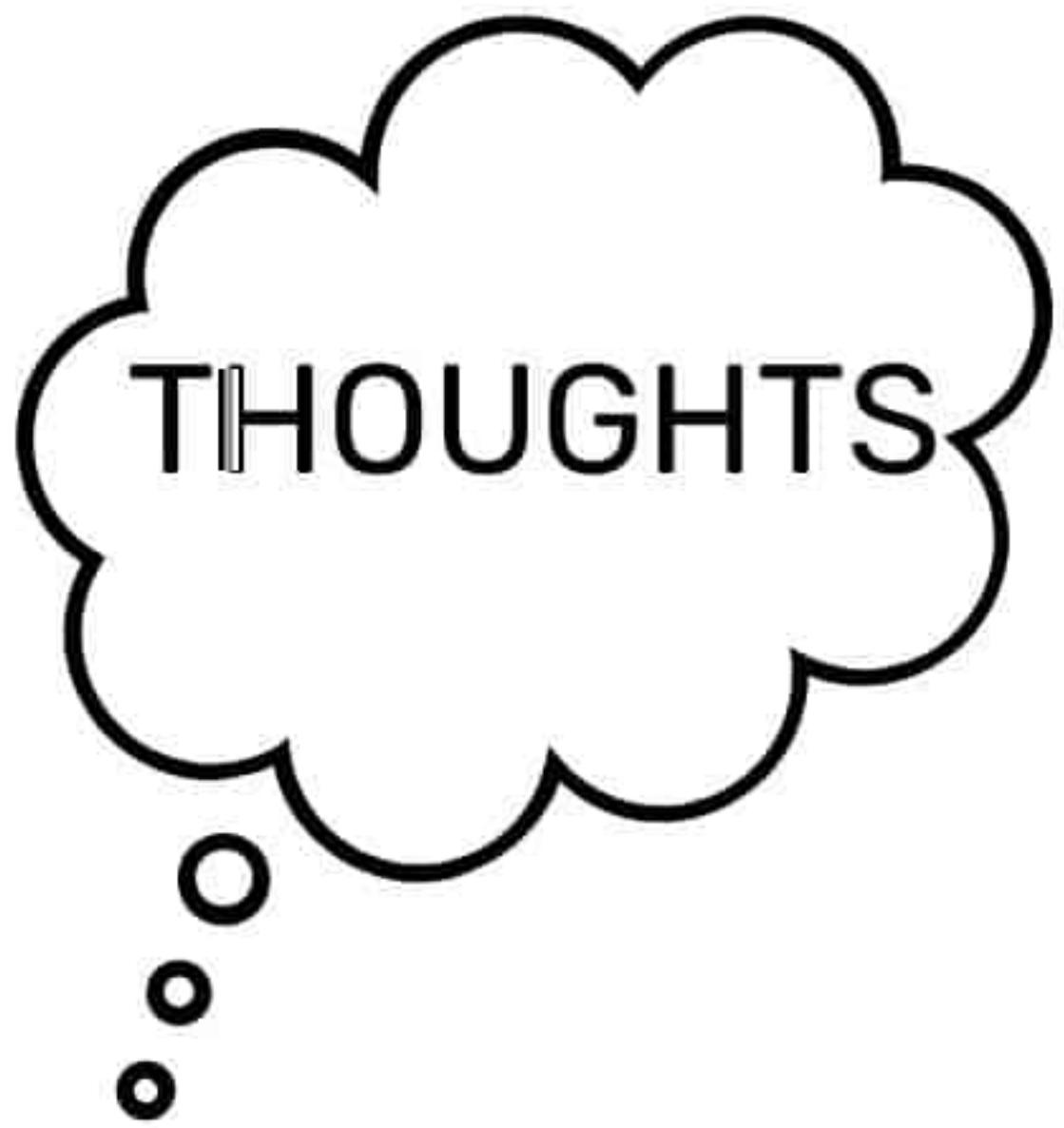


THOUGHTS FEELINGS BEHAVIORS WORKSHEET



What happened?

Why did it happen?



How did it make me feel?

Why did it made me feel this way?



What did I do when it happened?

Did I handle this situation well?